



What Is This Module About?

Have you heard the saying “Health is wealth?” Why do you think health is compared to wealth? Can you work well if you are sick? Can you enjoy life fully if you are in poor health? Why should you keep yourself healthy? Who should be responsible for your health? How can you maintain good health? These are some of the questions that this module addresses.

In this module, you will also learn about common diseases and how to prevent them.

This module is divided into three lessons:

Lesson 1 – *How to Stay Healthy*

Lesson 2 – *Common Diseases and Their Symptoms*

Lesson 3 – *How to Prevent Diseases*



What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ explain the importance of good health or physical and mental well-being;
- ◆ identify the factors that contribute to good health;
- ◆ identify common diseases and their symptoms; and
- ◆ discuss ways of preventing and fighting common diseases.



Let's See What You Already Know

Fill in the blanks with a word or words from the box.

dehydration	mental
nutrition	environment
doctor	common cold
hygiene	sneezing and coughing
flu	well-being

1. To have good _____, eat the right kinds and amounts of food.
2. It is a good health habit to see a _____ for a check up at least once a year.
3. A person can spread tuberculosis to others by _____ without covering his/her mouth or nose.
4. Keep our _____ clean and orderly to help prevent the spread of common diseases.
5. Health refers to physical and mental _____.
6. A person who has good personal _____ takes a bath every day.
7. _____ is caused by a virus. It often comes with sneezing, excessive secretions, and cough with thick sputum.
8. _____ health refers to how a person thinks, feels, and acts when faced with problems.

9. The signs and symptoms of _____ are severe cold, dry cough, sore throat, fever and body weakness.
10. When we lose water or fluids in our body, we suffer from _____.

Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on page 45.

If all your answers are correct, very good! This shows that you already know much about the topic. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. This means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may now go to the next page to begin Lesson 1.

How To Stay Healthy

Are you healthy? How do you know if you are healthy or not? What are the characteristics of a healthy person? What is health? And how do we stay healthy?

In this lesson, you will learn about health, the characteristics of a healthy person and what we can do to become and stay healthy. You will also learn that physical health or well-being is just one aspect of good health.

After studying this lesson, you should be able to:

- ◆ define health;
- ◆ give the importance of good health; and
- ◆ tell what you can do to stay healthy.



Let's Think About This

1. Are you healthy? Why do you think so?

2. What do you think a person needs to be healthy?

Discuss your answers with your co-learners and your Instructional Manager. You will learn more about health and how you can stay healthy as you read on.



Let's Read

Study the following comic strip. It is about a couple who takes very good care of the family's health. Then, answer the questions that follow.

Nelson and Lani are talking while having their breakfast.

The comic strip consists of two panels. In the first panel, Nelson is speaking to Lani. In the second panel, Lani responds to Nelson.

Panel 1: Nelson says, "Dear, haven't you noticed? None of our children have been sick in the past year. I'm proud to say that they are happy, smart and God-fearing children." Lani replies, "That's true, dear. That's because we have taught them to always practice personal hygiene, get enough sleep and exercise and eat healthy foods."

Panel 2: Nelson says, "I think our weekly outings in the park also help them. You know, rest, relaxation and recreation are also needed for good health. Our children are able to rest their body and mind after their daily tasks in school." Lani replies, "I agree with you. It is also important that they have faith in God. My grandmother taught me the importance of having faith in God."



Let's Try This

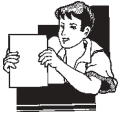
Answer the questions below. Write your answers on the blank provided. You may look at the comic strip again so that you can write words correctly.

1. Why have Nelson and Lani's children not been sick in the past year? What do they do to stay healthy?

2. What is good about Nelson and Lani's barangay?

3. Based on the story, who should be responsible for your health?

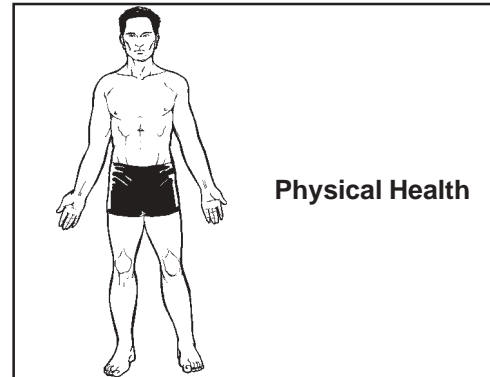
Compare your answers with those in the *Answer Key* on page 45.



Let's Learn

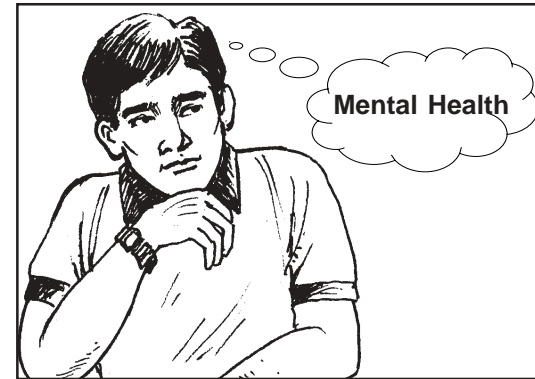
Health means physical and mental well-being. This means that a healthy person does not only have a healthy body, but a healthy mind as well. He/She is not only free from any disease, but is also happy and active. Good health allows us to enjoy the good life.

Physical Health refers to the body's well-being. A healthy body is free from illness and its organs are working well. It makes a person able to meet the challenges of everyday life.



Mental Health refers to emotional well-being. It refers to how a person thinks, feels, and acts in different situations.

A mentally healthy person welcomes and fearlessly enjoys new experiences. He/She can easily adjust to other people and situations. He/She is usually happy and alert.



There are practices that contribute to good health or physical and mental well-being. These are known as health habits. Read on to find out what these health habits are.

Practice Personal Hygiene or Cleanliness

Personal hygiene involves sanitary practices and habits. These practices help prevent diseases by keeping the body clean. These include:

- ◆ Taking a bath every day
- ◆ Brushing the teeth after meals
- ◆ Wearing clean clothes
- ◆ Trimming nails regularly
- ◆ Combing or brushing the hair regularly
- ◆ Wearing shoes or slippers to protect the feet from dirt and germs

Do you practice these health habits every day?



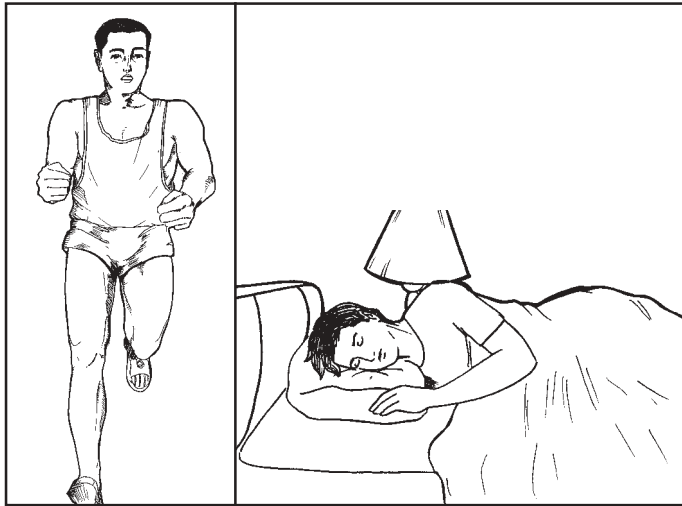
Eat Healthy Foods

To maintain good health, eat healthy foods. Have a balanced diet. This means that you should eat the right kind and amount of food. Avoid junk foods as much as possible.

Can you give examples of junk foods? Instead of these foods, what should you eat?

Make sure that the food you eat is clean. Never leave food uncovered. Pests like flies and cockroaches may contaminate or infect it.





Have Enough Rest, Relaxation and Exercise

Sleep is very important to the body. Get at least eight hours of sleep every day. Do you get enough sleep? Do you have time to relax? Rest and relaxation do not only help make your body strong. They also help keep you mentally healthy. Rest and relaxation help you to cope with stress.

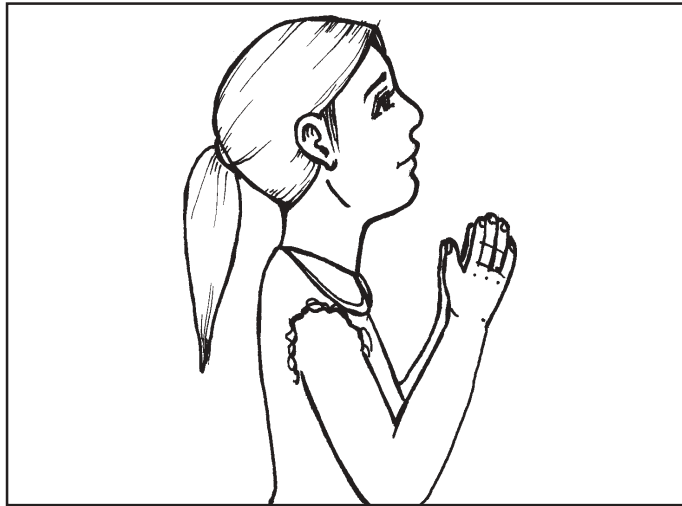
Regular exercise is good for the body. If you can't do it, try activities that will make your body move. For example, walk faster or do some stretching exercises. If you can walk to where you're going, then walk. Take the stairs instead of the elevator or escalator.

Have a Healthy Lifestyle

Avoid vices such as taking drugs and alcohol and smoking tobacco or cigarettes. They have bad effects on your body. They can disturb the function of your body's organs. They can also destroy these organs if you have too much of them.

They can also affect your mental health.





Have Strong Faith in God

Faith in God and prayers may help you deal with stress and problems in life. When you face some difficulties in life, you can find peace and comfort through prayers. Have peace of mind so that you can have a healthy mind.

Keep the Home and the Community Clean

Keep your home clean to prevent the spread of diseases. Clean every room in the house daily or regularly. Get rid of garbage properly. Get rid of household pests such as flies and mosquitoes.

Help keep the community clean and green. Plant trees, nice plants and vegetables. They help make the air fresh and clean.





Visit the Doctor Regularly

Visit your doctor at least once a year. He can tell you if you are in good health. He can also tell you how to stay healthy and how to treat illnesses.

Good health means a sound mind in a sound body. It means not just taking good care of your body. It also means taking care of your mind. Learn to use your time wisely so that you will have enough rest, sleep and relaxation. Learn to solve problems in everyday life. Learn to relax after work.

What do you do after working hard? What else can you do with your family and friends to relax?

A strong faith in God can contribute to good mental health. Prayer can help you to become stronger. It can give you peace of mind and happiness.

Do you practice all the health habits you just read about? Which ones don't you practice? What should you do about them? Remember, your health is your responsibility. What other health habits do you know and practice? Write them below. Discuss your answers with your co-learners and Instructional Manager.



Let's Think About This

Think about your own health or physical and mental well-being. What do you do in order to keep yourself healthy and strong? How often do you do it? Get a piece of paper. Make two columns and label them as I did below. Then write what you do to stay healthy under the correct column.

What I Do Every Day	What I Do When I Need To Do It
1. I take a bath every day.	1. I take care of my plants after school.
2.	2.
3.	3.
4.	4.
5.	5.

Discuss your answers with your co-learners and Instructional Manager.



Let's Remember

In this lesson, you learned that:

- ◆ **Health** refers to physical and mental well-being. It is also the condition of being free from disease.
- ◆ Good health is important to enjoy a good life.
- ◆ Each person is responsible for his own health. So you are responsible for your health.
- ◆ There are practices that contribute to good health. They are often called **health habits**. These are:
 - Practice personal hygiene or cleanliness.
 - Eat healthy foods.
 - Have enough rest, relaxation and exercise.
 - Have a healthy lifestyle.
 - Have strong faith in God.
 - Keep the home and the community clean.
 - Visit the doctor regularly.



Let's See What You Have Learned

Choose and encircle the letter of the correct answers.

1. Health habits contribute to good health. One of these is
 - a. drinking water from the faucet
 - b. not washing the hands before and after eating
 - c. boiling drinking water
 - d. seeing the doctor only when necessary

2. Keeping our body clean is important for good health. One way of doing this is by _____.
 - a. taking a bath only when we feel like it
 - b. brushing our teeth once a day
 - c. wearing the same clothes for two days
 - d. taking a bath every day

3. It's important to see the doctor regularly because _____.
 - a. he/she can check our health condition
 - b. he/she can advise us on how to stay healthy
 - c. he/she can tell us what to do in case we get sick
 - d. all of the above

4. Having proper nutrition means _____.
- a. eating only what we like to eat
 - b. eating healthy foods
 - c. not eating vegetables and fruits
 - d. eating junk foods
5. If we want to have a healthy body and mind, we should avoid taking _____.
- a. drugs
 - b. alcohol
 - c. tobacco or cigarette
 - d. all of the above
6. Health means having a healthy _____.
- a. body
 - b. mind
 - c. both a and b
 - d. none of the above
7. Prayer brings _____.
- a. peace of mind
 - b. comfort
 - c. happiness
 - d. all of the above

8. A person's emotional well-being refers to his
 - a. mental health
 - b. physical health
 - c. both a and b
 - d. none of the above

9. Faith in God may help you _____.
 - a. deal with stress
 - b. deal with problems in life
 - c. both a and b
 - d. keep the community clean

10. We can help keep the community clean by _____.
 - a. disposing garbage properly
 - b. cleaning the house and our surroundings
 - c. planting trees and plants
 - d. all of the above

Well, how did you fare? Compare your answers with those in the *Answer Key* on page 46. If all your answers are correct, very good! If not, you may ask your Instructional Manager to help you understand better the points in this lesson which are not clear to you.

Common Diseases and Their Symptoms

Have you been sick lately? What were the symptoms of your illness or disease? Why did you become sick? Did you forget to practice good health habits?

In this lesson, you will learn about common diseases that may affect your body and mind.

After studying this lesson, you should be able to:

- ◆ identify common diseases of the body and mind; and
- ◆ identify their symptoms.



Let's Think About This

Study the following symptoms of common diseases.

coughing

fever

general body weakness

loss of appetite

weight loss

headache

loose bowel movement (LBM)

severe cold

sneezing

Do you feel any of these symptoms? If your answer is yes, take care, you might be sick. You may need to consult a doctor or rest from work. Read on to learn more about common diseases and their symptoms.



Let's Read

Let us go back to Lani. Lani lives in Barangay Sampaguita.

The ladies of this barangay are having a meeting in the barangay hall. Lani is present at this meeting. The barangay chairman has invited a health worker to talk on common diseases. The health worker is talking about the common diseases among children. This is the chart the health worker used. Read it carefully.



Disease	Symptoms
<p>1. Pertussis – Also called “whooping cough.” It is a disease caused by microbes that damage the air passages.</p>	<ul style="list-style-type: none"> – Swelling of the eyes – Fever – Colds – Uncontrolled coughs – Bleeding of the nose and throat
<p>2. Tuberculosis – Contagious and may affect other children or adults. The bacteria spreads when coughing, sneezing or talking without covering the mouth or nose.</p>	<ul style="list-style-type: none"> – Prolonged coughs – Chest and back pains – Blood in the sputum – Fever in the afternoon – Loss of weight – Loss of appetite – Spitting blood



Disease	Symptoms
<p>3. Diarrhea – An infection in the intestine caused by microbes and worms that enter the body through the mouth.</p>	<ul style="list-style-type: none">– Watery and frequent loose bowel movement (LBM)– Fever– Stomachache
<p>4. Flu or Influenza – Caused by a type of virus that weakens the body’s resistance against infection. This may be spread through air.</p>	<ul style="list-style-type: none">– Severe cold– Fever and headache– Dry cough– Sore throat– Body weakness– Loss of appetite
<p>5. Common Cold – A condition caused by a virus, with inflammation and swelling of the mucous membranes.</p>	<ul style="list-style-type: none">– Excessive secretions, at first clear and watery, then becoming thick and full– Cough with thick sputum– Sneezing– General pains and aches
<p>6. Dehydration – Loss of body fluids. May be due to diarrhea.</p>	<ul style="list-style-type: none">– Deep soft spot on baby’s head– Dry and deep eyes– Fast but weak pulse– Skin does not quickly return to normal when pinched

What should you do if you see any of the symptoms in a member of your family? The health worker's advice was to consult a doctor immediately. The ladies could not wait to share what they had just learned with their family members, neighbors and friends.



Let's Talk About This

Answer the following questions.

1. Which of these diseases have you had? How long did it take you to get well?

2. Did any of your family members have it, too?

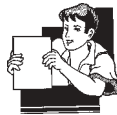
3. Were the symptoms the same as those the health worker gave?

Discuss your answers with your co-learners and Instructional Manager.



Let's Think About This

You now know that if you do not take care of your body, you may get sick. What will happen if you do not take care of your mind? Let's say, you work and worry too much and have no time for rest and relaxation. Will you suffer from any illness of the mind? Was there ever a time that you felt very sad and hopeless? Think of your answers to these questions. Then read our next discussion to learn about illnesses related to the mind.

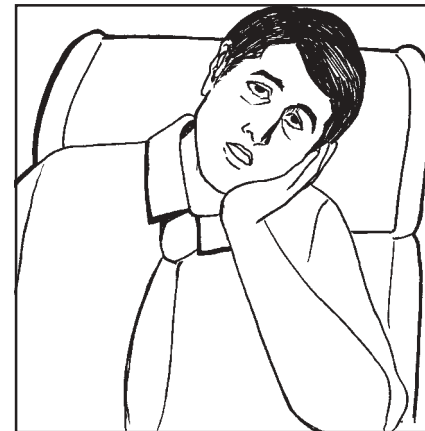


Let's Learn

Mental health is the ability to work, love and play in a balanced measure. If there is no balance between these things, our mind may get sick. For example, if we just keep on working and have no time for rest and relaxation, our mind may get tired. We suffer from stress. If we do not manage our stress, we may suffer from illnesses of the mind. The following are common mental illnesses.

1. Depression

All of us may feel a little sad and pessimistic (thinking negatively) sometimes. What if we feel sad and think negatively all the time? We may be suffering from depression. **Depression** is more than just a feeling of sadness or hopelessness. A person who is depressed usually cannot fulfill his responsibilities as a spouse, partner, parent or child. Depression has both physical and emotional features or symptoms. These are:



Physical Symptoms or Features (may last for 15 days or more):

- ◆ Cannot sleep well. The person gets up very early in the morning say, at 3:00 a.m. and can't sleep again.
- ◆ Loss of appetite/weight
- ◆ Dryness of mouth
- ◆ Constipation (cannot move his/her bowel.)
- ◆ Feels worst in the morning and slightly better from noon to evening
- ◆ Gets easily tired and is low in energy
- ◆ Palpitation (fast heart beat) and sweating

This condition can cause death. A large number of those who commit suicide are people suffering from depression.

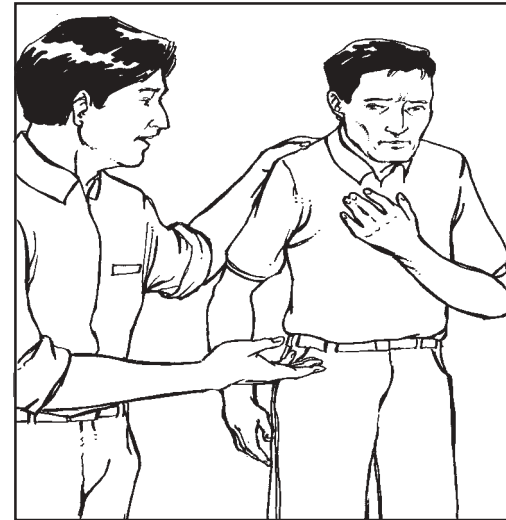
Emotional Symptoms or features:

- ◆ Feels sad and hopeless
- ◆ No pleasure and interest in activities which were enjoyed before
- ◆ Poor attention; forgetfulness
- ◆ Gets angry easily
- ◆ Most often, no wish to live

2. Panic Attacks

This is a sudden feeling of fear and anxiety accompanied by:

- ◆ chest pain, not comfortable feeling
- ◆ sweating
- ◆ tremors or trembling
- ◆ nausea and vomiting
- ◆ choking sensation/cannot breathe well
- ◆ fainting, dizziness
- ◆ feeling that something bad is going to happen



3. Anxiety Disorder

All of us have experienced some form of anxiety in our lives. Have you ever experienced sweating palms before taking an examination? Or a pounding heart before speaking in front of many people? These are the most common examples of anxiety. The milder forms of anxiety include stress, worry or tension. When these are collected or denied, they may build up into a more severe kind of anxiety.

People who suffer from anxiety tend to experience the following:

- ◆ palpitations (rapid or fast heartbeat)
- ◆ tremors (trembling or shaking)



- ◆ sweating
- ◆ diarrhea
- ◆ muscle tension (strain)
- ◆ breathlessness (difficulty in breathing)
- ◆ blushing and confusion (becoming red in the face)

What should one do if he/she sees the above symptoms in him/herself or in a member of his/her family? The best thing to do is to see a doctor. A **psychiatrist** is a doctor who treats and cures illnesses of the mind. He/she can also help people with their emotional problems. Give yourself enough time for sleep, rest and relaxation. It will help you maintain good mental health.



Let's Try This

Fill in the blanks with the correct answer. Identify the correct mental illness based on the symptoms given below.

- _____ 1. Sudden feeling of fear and anxiety. The person experiences chest pain, sweating, nausea and vomiting and feels that something bad is going to happen.
- _____ 2. The person experience sweating, diarrhea, muscle tension, blushing and confusion.
- _____ 3. The person feels sad and hopeless. He/she experiences loss of appetite/weight, dryness of the mouth and constipation.

Compare your answers with those in the *Answer Key* on page 46.

If you got all the answers right, very good! If not, you may ask your Instructional Manager to help you understand better the points in this lesson which are clear to you.



Let's Remember

In this lesson, you learned that:

- ◆ The diseases of the body that are common in communities are:
 - common cold or inflammation and swelling of the mucous membranes;
 - flu or influenza which is characterized by severe cold, fever and headache;
 - diarrhea or watery and frequent loose bowel movement;
 - dehydration or loss of body fluids due to diarrhea;
 - pertussis or whooping cough; and
 - tuberculosis which is a contagious disease which may spread when coughing, sneezing or talking without covering the mouth or nose.

- ◆ The mind can also get sick, if not properly taken care of. Some common illnesses of the mind are:
 - depression or the extreme feeling of sadness and hopelessness;
 - panic attacks or sudden feeling of fear and anxiety; and
 - anxiety disorder or the feeling of stress, worry or tension.



Let's See What You Have Learned

- I. Match the items in column A and B. Draw a line to connect each mental and physical illness or disease with the appropriate illustration.

A

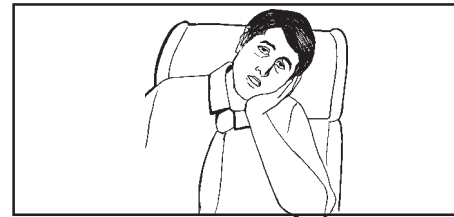
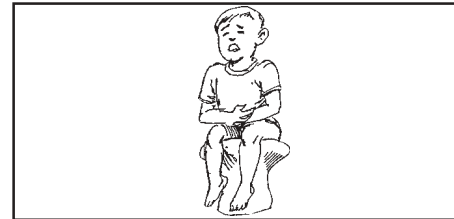
Flu

Diarrhea

Depression

Panic Attacks

B



II. Encircle the letter of the correct answer.

1. A child has no appetite. He does not want to play and easily gets tired. What does this suggest?
 - a. He is sick.
 - b. He is bored.
 - c. He is sleepy.
 - d. He is hungry.

2. The symptoms of a person with tuberculosis are _____.
 - a. loss of appetite
 - b. prolonged cough
 - c. weight loss
 - d. all of the above

3. The symptoms of this disease are sneezing, cough with thick sputum, general pains and aches and excessive secretions.
 - a. common cold
 - b. tuberculosis
 - c. diarrhea
 - d. dehydration

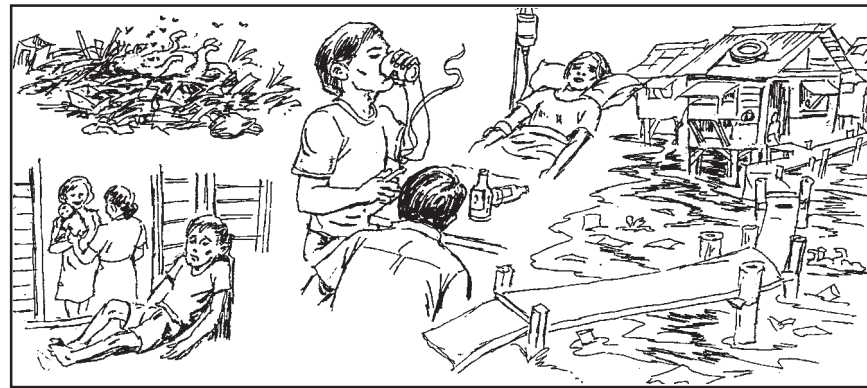
4. A person feels sad and hopeless. He experiences loss of appetite, sleep and weight. He gets easily tired and most often wishes to no longer live. What mental illness is he suffering from?
 - a. panic attacks
 - b. dehydration
 - c. anxiety
 - d. depression

5. An infection in the intestine brought about by microbes and worms that enter the body through the mouth is called _____.
 - a. dehydration
 - b. diarrhea
 - c. pertussis
 - d. tuberculosis

Well, how did you fare? Compare your answers with those in the *Answer Key* on pages 47–48.

If all your answers are correct, very good! If not, ask your Instructional Manager to help you understand better the points in this Lesson which are not clear to you.

How to Prevent Diseases



Why do people get sick? What do you think about the situation in the picture? How important is cleanliness in preventing diseases?

In this lesson, you will learn how to prevent common diseases. You will learn how to keep your home and community clean.

After studying this lesson, you should be able to:

- ◆ explain the importance of cleanliness and orderliness in preventing diseases; and
- ◆ demonstrate ways of keeping your home and community clean and orderly.



Let's Try This

In the first lesson, you learned about health habits. Practicing these health habits is important in preventing diseases. Let's see if you can still recall these health habits. Put a check (3) mark before a statement that describes a good health habit and an (7) mark before those that show poor health habits.

- _____ 1. Noel takes a bath every day.
- _____ 2. Jeff eats a balanced meal.
- _____ 3. Timmy visits his doctor regularly.
- _____ 4. Det works so hard that she no longer has time to relax and engage in recreational activities.
- _____ 5. Yas lives a healthy lifestyle. She does not take alcohol and drugs or smoke cigarettes.
- _____ 6. Karen usually sleeps very late but wakes up very early for her work.
- _____ 7. Every night Joy prays in her room.
- _____ 8. Diwa loves to play in their backyard without wearing any slippers.
- _____ 9. Marivic trims her nails regularly.
- _____ 10. Joan loves to eat potato chips, fish crackers and candies.

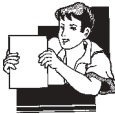
Compare your answers with those in the *Answer Key* on page 48.



Let's Think About This

Why is it important to practice good health habits? What will happen if you don't eat the right amount of healthy foods or a well-balanced meal? We get important nutrients from different kinds of foods. These help our body function well. They also protect our body from diseases. If we don't get enough of these nutrients, our body will become weak. Then we will easily get sick. Eating a well-balanced meal will make sure that we get all kinds of nutrients needed by our body. Also, it is important to practice the health habits you learned in Lesson 1. They help prevent diseases.

Read on to learn more about other health habits and other ways of preventing diseases.



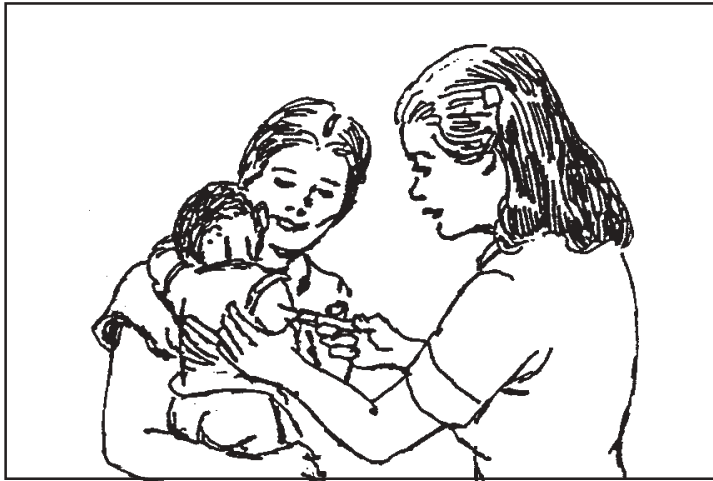
Let's Learn

Here are other health habits to practice to prevent diseases.

Drink plenty of liquids.

To remain healthy and to prevent diseases, **drink eight glasses of water and fruit juices every day.**





Have yourself and your family vaccinated.

A **vaccine** is a mixture of dead microorganisms. It is injected into a person to make him/her immune against a disease. To be immune against a disease means that one will no longer be affected by it. **Vaccination** is important especially for children. It will protect them from certain diseases. Even adults must be vaccinated against contagious diseases like hepatitis and others. **Contagious diseases** are those that can be easily transferred from one person to another.

Avoid going near a sick person.

Avoid going near a sick person, especially one suffering from contagious diseases. You may get his/her disease. Contagious diseases are easily transferred to others. Examples are hepatitis and tuberculosis. They can be transferred through direct contact or by using things used by a sick person.



Remember this. If symptoms of a disease persist, go to your family doctor or to the nearest health center immediately.



Let's Review

Write **T** if the statement is correct and **F** if it is false.

- _____ 1. It is safe to use the spoon, plate and glass of a person who has tuberculosis.
- _____ 2. Contagious diseases are those that can be easily transferred from one person to another.
- _____ 3. To remain healthy, a person should drink eight glasses of water and fruit juices every day.
- _____ 4. Vaccination is important only for children.
- _____ 5. Living a healthy lifestyle and eating balanced meals will help prevent diseases.

Compare your answers with those in the *Answer Key* on page 49.

Aside from health habits, you also learned from Lesson 1 that keeping the home and the community clean will help prevent diseases. Read our next section to learn more about this.

Let's Read

The ladies in Barangay Sampaguita, especially Lani, learned very much from the barangay meeting. Now, they want to learn how to prevent diseases. Luckily, the sanitary health officer will hold a survey on the health condition of Barangay Sampaguita. Some out-of-school youth will help him. The survey will be done through checklists to be answered by the community people. It will help them know whether their barangay is safe from common diseases that are spreading in other barangays.



Let's Try This

Here is a sample checklist that the sanitary health officer will use to find out the health condition of Barangay Sampaguita. Answer it to know the condition of your own community.

Fill in the blanks with the complete information. Read the questions. Then put a check (3) mark in the box that applies to you.

Barangay: _____ District: _____ House No: _____

Is your community clean and orderly?

1. Do you have a toilet?

Yes

No

2. What kind?

Ordinary bowl

Hole in the ground

Flush bowl

Others, pls. indicate _____

3. What is your source of water?

Artesian well

Spring

Deep well

Rainwater

Shallow well

River/Stream

4. How do you dispose your garbage?

Burning

Others, pls. indicate _____

Composting

Throw anywhere

5. How often?

Every day

Others, pls. indicate _____

Every week

6. Is anybody in the family sick?

Yes

No

What is he/she sick of?

Cold

Tuberculosis

Diarrhea

Hepatitis

Flu

Other diseases

How long has he/she been sick?

_____ days

_____ months

Is he/she getting treatment?

Yes

No

Discuss your answers with your co-learners and Instructional Manager.



Let's Think About This

List down five ways to keep your environment clean and orderly. Base your answers on your own neighborhood and the checklist you filled out earlier.

1. _____
2. _____
3. _____
4. _____
5. _____

Compare your answers with the examples below.

To prevent diseases, your home and your community should be clean and orderly. Here are ways of keeping your environment clean and orderly.

How to Keep The Environment Clean and Orderly

1. Have a toilet that can be flushed with water in your home.
2. The source of water should be safe like an artesian well. To be sure, boil the water for drinking.
3. Dispose garbage every day. Bury it or make it into compost. Recycle garbage such as paper, bottles and plastic bags.
4. Clean your house every day. Keep the cooking and dining areas clean and free from germs.
5. Change your bed sheets and pillowcases regularly.
6. Clean gutters and canals to prevent mosquitoes from breeding in these places.



Let's Remember

In this lesson, you learned that our surroundings and environment play a big role in your health. Cleanliness and orderliness are the keys to good health. If you practice the good health habits you learned in Lesson 1, you will be healthy and free from common diseases.

- ◆ Keep your surroundings clean and orderly.
- ◆ Eat the correct amounts of healthy foods, such as fruits, vegetables, meat, fish, rice, bread, eggs, milk, etc. This is what we mean by well-balanced meals.
- ◆ Drink plenty of water and fresh fruit juices.
- ◆ Get enough rest, relaxation and sleep.
- ◆ Keep your body clean by taking a bath every day, brushing your teeth and wearing clean clothes.
- ◆ Stay away from a person with a contagious disease.
- ◆ Go to a health center for vaccination against diseases.
- ◆ Go to your doctor for regular check-ups.
- ◆ Go to a health center immediately if symptoms of a disease persist.



Let's See What You Have Learned

Study the following statements. Put a check (✓) mark beside the number of the statement that tells how to prevent diseases:

- _____ 1. Dispose garbage properly and regularly.
- _____ 2. Get a vaccination from your health center.
- _____ 3. Exercise regularly.
- _____ 4. Clean your house every day.
- _____ 5. Boil drinking water.
- _____ 6. Avoid going near a sick person.
- _____ 7. Eat plenty of junk foods.
- _____ 8. Use things that belong to a sick person.
- _____ 9. Visit your doctor regularly.
- _____ 10. Clean gutters and canals.

Compare your answers with those in the *Answer Key* on page 49. If you got all the answers right, very good! If not, you may ask your Instructional Manager to help you understand better the points in this lesson which are clear to you.



Let's Sum Up

In this module, you learned the following:

- ◆ Health means the physical and mental well-being of a person. It is also the condition of being free from an illness or disease.
- ◆ The practices that contribute to good health are:
 - Practice personal hygiene or cleanliness.
 - Eat healthy foods.
 - Have enough rest, relaxation and exercise.
 - Have a healthy lifestyle.
 - Have faith in God to promote mental health.
 - Keep the home and the community clean.
 - Visit the doctor regularly.
- ◆ The diseases of the body that are common in communities are:
 - common cold
 - dehydration
 - diarrhea
 - flu
 - pertussis
 - tuberculosis

◆ Some of the common illnesses of the mind are:

- depression
- panic attacks
- anxiety disorder

◆ To prevent common diseases, practise good health habits and keep your home and community clean and orderly.

Remember, health is wealth! Without a healthy body and mind, you will not be able to enjoy life. Take care of your self. Keep in mind that you are responsible for your own health.



What Have You Learned?

Encircle the letter of the correct answer.

1. This disease is due to microbes which damage the air passage.
 - a. diarrhea
 - b. pertussis
 - c. common cold

2. Personal hygiene contributes to good health. A person with good personal hygiene _____.
 - a. takes a bath every day
 - b. takes a bath every week
 - c. takes a bath twice a week

3. This disease is contagious. People who have it should avoid coughing, sneezing or talking in a crowd.
 - a. tuberculosis
 - b. pertussis
 - c. dehydration

4. We can avoid diseases by _____.
 - a. going near a person with flu and sharing his/her food
 - b. drinking dirty and unsafe water everywhere
 - c. eating healthy foods in the right amount

5. Another way of preventing diseases is to _____.
 - a. let insects step on your uncovered food
 - b. have enough sleep, rest and relaxation
 - c. let your nails grow long and untrimmed
6. This is an example of a junk food.
 - a. fruit
 - b. eggs
 - c. potato chips
7. This is the name of the loss of body fluids that may be caused by diarrhea.
 - a. tuberculosis
 - b. dehydration
 - c. flu
8. This disease is also called “whooping cough.”
 - a. pertussis
 - b. tuberculosis
 - c. flu
9. A person with this illness feels sad and hopeless. He/she may also wish to no longer live.
 - a. anxiety
 - b. depression
 - c. dehydration

10. A person suffering from panic attacks experiences _____.
- a. chest pain and dizziness
 - b. breathlessness and tremors
 - c. both a and b

Compare your answers with those in the *Answer Key* on page 50.

If you got a score of:

- 9 – 10 Very good! You have learned much from this module. You may now proceed to the next one.
- 7 – 8 Good! You just need to review the lessons that you do not clearly understand.
- 0 – 6 You need to study the module again.



Answer Key

A. Let's See What You Already know (pages 2–3)

1. nutrition
2. doctor
3. sneezing and coughing
4. environment
5. well-being
6. hygiene
7. common cold
8. mental
9. flu
10. dehydration

B. Lesson 1

Let's Try This (pages 6–7)

1. Nelson and Lani's children have not been sick in the past year because they take good care of their health. They practice personal hygiene, get enough sleep and exercise and eat healthy foods.
2. Nelson and Lani's barangay is clean. There is no pollution. People take care of their health.
3. Each person is responsible for his own health. If a person does not take care of his/her body, he/she will be the one to suffer the consequences. If he/she becomes sick, he/she will not be able to work, play or do anything that he/she likes. Therefore, I must take care of my health. I am responsible for my own health.

Let's See What You Have Learned (pages 15–17)

1. (c) **Boiling drinking water** is a good health practice. It makes sure that the water you drink is safe.
2. (d) **Taking a bath every day** is the best way to keep our body clean.
3. (d) It is important to see the doctor regularly because **he/she can check our health condition, advise us how to stay healthy and tell us what to do in case we get sick.**
4. (b) **Eating healthy foods** provides proper nutrition for our body.
5. (d) Avoid taking **alcohol** and **drugs** and **smoking cigarettes** to have a healthy body and mind.
6. (c) Health means having a healthy **body** and **mind**.
7. (d) Prayer brings **peace of mind, comfort** and **happiness**.
8. (a) **Mental health** means a person's emotional well-being.
9. (c) Faith in God may help you deal with **stress and problems in life**.
10. (d) We can help keep the community clean by **disposing garbage properly, cleaning the house and our surroundings** and **planting trees and plants**.

C. Lesson 2

Let's Try This (page 25)

- Panic attacks 1.
Anxiety disorder 2.
Depression 3.

Let's See What You Have Learned (pages 27–28)

I.

A

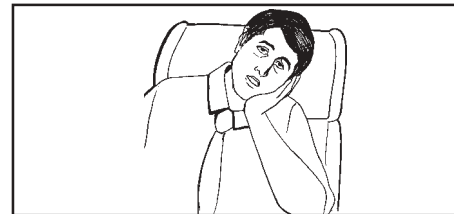
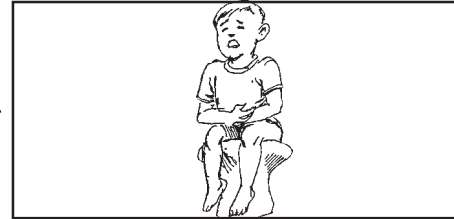
Flu

Diarrhea

Depression

Panic Attacks

B



- II. 1. (a) Loss of appetite, not wanting to play due to weakness and getting tired easily are signs of **sickness**.
2. (d) Loss of appetite, prolonged cough and weight loss are signs and symptoms of **tuberculosis**.
3. (a) Sneezing, cough with thick sputum, general aches and pains and excessive secretions are signs and symptoms of the **common cold**.
4. (d) Feeling sad and hopeless, loss of appetite, sleep and weight, getting angry easily and most often wishing not to live are symptoms of **depression**.
5. (b) **Diarrhea** is an infection brought about by microbes and worms that enter the body through the mouth.

D. Lesson 3

Let's Try This (page 30)

- (3) 1. Practicing personal hygiene like **taking a bath everyday** helps prevent diseases.
- (3) 2. To maintain good health, eat a **balanced meal**.
- (3) 3. A **regular visit to the doctor** can help Timmy prevent and treat diseases.
- (7) 4. Det should have enough time for **relaxation and recreation** to keep her mind and body healthy.
- (3) 5. Yas can maintain her good health by **having a healthy lifestyle**.
- (7) 6. Karen should get **enough sleep** to keep her body and mind healthy.
- (3) 7. **Prayer** will help Joy deals with stress and problems in life.
- (7) 8. Diwa **should wear shoes or slippers** to protect her feet from dirt or germs.
- (3) 9. Marivic is practicing good personal hygiene by **trimming her nails regularly**.
- (7) 10. Joan should eat nutritious foods and **not junkfoods** like potato chips, fish crackers and candies.

Let's Review (page 33)

- (F) 1. Healthy persons should not use the spoon, plate and glass of a person who is sick of tuberculosis. Tuberculosis is a contagious disease. This disease may be transferred to another person by using his personal belongings.
- (T) 2. Contagious diseases are those that can be transferred from one person to another.
- (T) 3. To stay healthy, a person should drink eight glasses of water and fruit juices everyday.
- (F) 4. Even adults can prevent getting diseases through vaccination.
- (T) 5. Living a healthy lifestyle and eating balanced meals will help prevent diseases.

Let's See What You Have Learned (page 39)

- (3) 1. **Disposing garbage properly and regularly** will help keep the community clean and free from diseases.
- (3) 2. **Getting a vaccination** will help you be immune from diseases, such as hepatitis and tuberculosis (TB).
- (3) 3. **Exercising regularly** will help make your body strong.
- (3) 4. **Cleaning your house** will eliminate viruses and germs that cause diseases.
- (3) 5. **Boiling drinking water** will help you avoid germs and bacterias present in them.
- (3) 6. You can avoid contracting disease, especially those that are contagious if you **avoid going near a person infected by it.**
- (7) 7. Eating plenty of **junk foods will not contribute to good health**, since junk foods are not nutritious.
- (7) 8. **Using the things that belong to a sick person** may cause the virus that is making him/her sick to transfer to you.
- (3) 9. You will be able to prevent diseases by **visiting your doctor regularly.**
- (3) 10. **Clean gutters and canals** to avoid mosquitoes that carry diseases to breed in these areas.

E. What Have You Learned *(pages 42–44)*

1. (b) **Pertussis** is a disease that affects the body's air passages. It causes uncontrolled coughs.
2. (b) **Taking a bath every day** is one way of maintaining good hygiene.
3. (a) A person with **tuberculosis or TB** can easily infect another person when coughing and sneezing without covering his/her mouth or nose.
4. (c) **Eating healthy foods in the right amount** will make our body strong and healthy. Our body will then be able to defend itself against diseases.
5. (b) **Having enough sleep, rest and relaxation** are important health practices to prevent diseases.
6. (c) **Potato chips** is an example of a junk food because it does not contain nutrients.
7. (b) We lose a lot of water from our body when we have diarrhea (frequent and loose bowel movement). This loss of body fluids is called **dehydration**.
8. (a) **Pertussis** is also known as “whooping cough.”
9. (b) **Depression** is characterized by feelings of sadness and hopelessness. The person may also occasionally wish to no longer live.
10. (c) A person suffering from panic attacks experiences **chest pain, dizziness, breathlessness and tremors**.



Glossary

Artesian well A means of getting a constant supply of water with little or no pumping needed

Disorder Abnormal physical or mental condition

Infection The transfer of a disease, especially by air, water, etc.

Inflammation A condition in which a part of the body experiences heat, swelling, redness and pain as reaction to infection

Lifestyle The typical way of life of an individual or group

Microbes An organism (especially bacteria that causes a disease) that is too small or tiny to be seen by the naked eye

Resistance Stopping effect

Sputum Saliva; material discharged from the throat and ejected (let out) from the mouth

Vaccine A mixture of killed microorganisms (viruses or bacteria) injected into persons to prevent or treat infectious diseases.

Virus An organism that exists only in living cells and is able to cause diseases



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