Section: Common Infectious Diseases
Write the letter of the correct answer on the lines provided.

1. Which of these is not a disease that can be treated with antibiotics?
   a. flu
   b. strep throat
   c. tetanus
   d. sinus infection

2. Which of these is not a viral disease?
   a. measles
   b. common cold
   c. salmonellosis
   d. mononucleosis

3. Which of these diseases cannot be prevented through vaccination?
   a. common cold
   b. mumps
   c. flu
   d. measles

4. Which of these diseases is caused by a parasite?
   a. amebic dysentery
   b. body lice
   c. jock itch
   d. meningitis

5. Which of these diseases is caused by a fungus?
   a. common cold
   b. mononucleosis
   c. pinworms
   d. athlete's foot
Section: Protecting Yourself from Infectious Diseases

Write the letter of the correct answer on the lines provided.

1. Which of these are not ways to prevent the spread of infectious diseases?
   a. Be vaccinated for viral diseases like measles.
   b. Wash hands with water only; do not use soap.
   c. Use disposable tissues when coughing or sneezing.
   d. Use an insect repellent when around insects, and wear long-sleeved shirts and pants when in long grass.

2. Which of these is not a physical barrier of your body to disease?
   a. skin
   b. mucous membranes
   c. chemicals
   d. hair

3. The proteins in your immune system that fight disease are called
   a. lymph cells.
   b. white blood cells.
   c. amino acids.
   d. antibodies.

4. If you want to stay well, which of these should you do?
   a. exercise regularly
   b. eat a balanced diet
   c. get enough sleep
   d. all of the above

5. When you are sick, which of these should you do?
   a. drink fluids and rest
   b. go to school
   c. push yourself to feel better
   d. stop taking medicine as soon as you start to feel a little better
Section: What Are Infectious Diseases?
Match the pathogen on the top with the disease that it causes on the bottom.

a. virus  
b. protozoa  
c. fungus  
d. bacteria  
e. parasite

____ 1. athlete's foot  
____ 2. malaria  
____ 3. body lice  
____ 4. common cold  
____ 5. tetanus
Section: What Are Infectious Diseases?

PART I
Pathogens can spread many diseases. Write which pathogen causes each disease on the line next to the disease.

Pathogens: bacteria, viruses, fungi, protozoans, parasites

1. tuberculosis __________________________
2. chicken pox __________________________
3. malaria ______________________________
4. ringworm ______________________________
5. Rocky Mountain spotted fever ____________
6. AIDS _________________________________
7. measles ______________________________
8. athlete's foot __________________________
9. tetanus _______________________________
10. flu _________________________________
11. sinus infection _________________________
12. cold ________________________________
13. Lyme disease _________________________
14. head lice ___________________________

PART II
Infectious diseases can be spread in four main ways. Give at least two examples for each of these ways.

15. person to person __________________________
16. food and water __________________________
17. environment ______________________________
18. animals ________________________________
Section: What Are Infectious Diseases?

Fill in the circles in the concept map with the correct terms below.

- flu
- fungi
- measles
- food and water
- athlete's foot
- protozoa
- animals
- environment
- viruses
- tuberculosis
- cold
- malaria
- bacteria

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Lifetime Health 12 Preventing Infectious Diseases
Section: Protecting Yourself from Infectious Diseases

PART I
Next to each statement below, write "PB" if it relates to physical barriers. Write "IR" if it relates to inflammatory response. Write "IS" if it relates to the immune system.

1. A network of vessels carries a clear fluid called lymph throughout the body.
2. Your skin uses chemicals like sweat and oil to kill pathogens that settle on it.
3. The area around an injury or infection gets hot.
4. Antibodies produced by white blood cells bind to specific pathogens.
5. Mucous membranes make a slimy material called mucus that traps pathogens.
6. Lymph nodes contain white blood cells that scan the lymph for pathogens.
7. Cilia move mucus with trapped bacteria to the back of your throat.
8. A yellowish substance called pus builds up around an injury.
10. Pus includes dead and injured body cells that were fighting bacteria and dead and injured bacteria.
11. It is made up of certain types of blood cells and certain proteins called antibodies.

PART II
Besides your immune system working to keep you well, there are some things that you can do to stay well. List at least two activities in each category.

12. food and water
13. exercise, stress, and sleep
14. medical
15. hygiene
Section: Protecting Yourself from Infectious Diseases

Fill in the chart by using the terms and phrases below.

antibodies  blood vessels  pathogens
lymphatic system  destroy  blood cells
memory cells  fluid  white blood cells

You come in contact with a pathogen.

Pathogens successfully enter your body.

1. Your immune system is made up of proteins called ______________ and certain types of ______________.

2. You are infected and ______________ multiply.

3. Blood cells and antibodies move through ______________ and the ______________.

4. The lymphatic system picks up ______________ from all over the body.

5. Lymph nodes are filled with ______________ and become enlarged.

6. White blood cells produce antibodies and ______________ pathogens.

7. You become immune because your body makes ______________ against the pathogen.
# Concept Review

## Section: Common Infectious Diseases

Put a check mark in the appropriate boxes in the chart below. A characteristic may apply to more than one disease.

<table>
<thead>
<tr>
<th>Causative Agents and Characteristics</th>
<th>Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. caused by a virus</td>
<td>amebic dysentery</td>
</tr>
<tr>
<td>2. caused by bacteria</td>
<td>athlete's foot</td>
</tr>
<tr>
<td>3. caused by protozoa</td>
<td>cold</td>
</tr>
<tr>
<td>4. caused by fungi</td>
<td>flu</td>
</tr>
<tr>
<td>5. caused by parasites</td>
<td>malaria</td>
</tr>
<tr>
<td>6. spread by contact with saliva</td>
<td>measles</td>
</tr>
<tr>
<td>7. spread through bodily fluids</td>
<td>meningitis</td>
</tr>
<tr>
<td>8. spread by contact with contaminated food</td>
<td>mononucleosis</td>
</tr>
<tr>
<td>9. treated with antibiotics</td>
<td>ringworm</td>
</tr>
<tr>
<td>10. can be prevented through vaccination</td>
<td>tapeworm</td>
</tr>
<tr>
<td></td>
<td>salmonellosis</td>
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<td></td>
<td>sinus infection</td>
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<tr>
<td></td>
<td>strep throat</td>
</tr>
<tr>
<td></td>
<td>tetanus</td>
</tr>
</tbody>
</table>
Section: Common Infectious Diseases

Imagine you are a doctor. The following people have come to you for treatment of common infectious diseases. Answer the questions at the end of each description to attempt to identify the disease and explain how each person might be treated.

Case 1
A child comes in with nausea and vomiting. She has a headache and also has cramps and diarrhea. You ask her about foods she has eaten recently and where she has eaten them. You think you know what the disease might be. What is the disease, and how might you treat it?

Case 4
Two teenagers who are friends come in complaining that they both have been extremely tired for several weeks already. They are running a fever too. You examine their throats and find that they are sore and their lymph nodes are swollen. What disease might they have? How might you treat it?

Case 2
Your next appointment is with a man who is a gardener. He is having severe muscle spasms. You find out that he has been working in a new plot of soil and has not worn garden gloves. He has a cut on his hand that is not healed. What disease might you think this man has? How might you treat it?

Case 5
A woman comes in complaining of a severe sore throat that has lasted for four days. What do you do to diagnose her? How do you treat the disease you suspect she has?

Case 3
A woman comes in with a sore throat and a runny nose. She is tired but doesn’t have a fever. What disease does she most likely have? How would you treat the disease?

Case 6
A young man comes in complaining of headache and feeling pressure in his head. He also tells you that his mucus has changed color and is now thick and greenish. His head hurts when he touches it. What do you think is responsible for the young man’s symptoms, and how would you treat it?