

# Striving Towards Better Health

## Striving Towards Better Health

### Control of harmful micro-organisms

Better health can be achieved mainly by controlling disease-causing micro-organisms and their animal vectors and also by improving health facilities.

**Micro-organisms can be controlled in the following ways:**

**1. Use of high temperature:**

This involves sterilization by boiling, autoclaving or heating of food and other products to kill disease-causing organisms.

**2. Preserving food by salting:**

This is the application of salt in food to kill microorganisms or render them inactive

**3. Uses of drugs/antibiotics:**

Many diseases can be controlled through the use of drugs and antibiotics to kill the causative microorganisms. Eg Amatem is used to kill malaria.

**4. Immunization or vaccination:**

Immunization is the process by which a healthy person is inoculated with a preparation of a mild form of the pathogen.

**5. Sterilization by boiling:**

Sterilization by boiling is done to kill disease-causing micro-organisms (pathogens) on the objects.

**6. Control of harmful micro-organisms:**

The use of drugs like antibodies performs a key role in checking the.

### Vectors

A vector is an organism that does not cause disease itself but which spreads infection by conveying pathogens (harmful micro-organisms) from one host to another.

Mosquitoes are the vectors for malaria parasites. Malaria has become a deadly disease in recent times.

## Ways of controlling mosquitoes

Mosquitoes irritate man and other animals. The female Anopheles mosquito, in particular, is the vector of the malaria parasite. They, therefore, must be controlled through some measures to stay healthy.

1. Reduce the number of breeding sites on your property: clear bushes and dispose of empty containers
2. Kill mosquito larvae where the insects breed: by pouring chemicals like kerosene on water surfaces
3. Remove algae from ponds: Mosquito larvae feed on algae and other small organisms that live in water, so clean out algae from pond and water bodies around the homes
4. Use a mosquito repellent in your outdoor living space
5. Sleep under mosquito treated nets
6. Exclude mosquitoes from your home: Keeping windows and screens shut to exclude mosquitoes, also Light attracts mosquitoes and other insects, so after dark, you should also minimize outdoor lighting
7. Increase the number of mosquito predators in your yard: Bats and swallows love to eat mosquitoes. Install a shelter, like a bat or a birdhouse, to help attract predators to your yard.

## Maintenance of good health

maintaining good health is the combination of many factors. Below are a few ways to do it.

- **Maintain good hygiene:**  
by maintaining personal hygiene of bathing regularly, wearing clean clothes, brushing of teeth regularly etc
- **Keeping our environment clean:**  
cutting bushes, trimming of shrubs and flowers, clearing drainage around homes etc
- Eat healthy to build your immunity
- Sleep and rest well. Sleep in clean rooms and clean bedsheets

## ASSIGNMENT

1. Write a short note on the topic Towards a Better Health
2. State four (4) ways of controlling mosquitoes
3. State five (5) ways you can maintain a good health