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GSA Assignment Day **M T W T F S**

Q) Write a short note on dengue, Malaria and hepatitis.

Dengue :-

Def: Dengue is a viral infection caused by the dengue virus, which is transmitted to humans primarily through the bite of infected female Aedes mosquitoes, particularly Aedes aegypti.

Symptoms :-

The most common symptom of dengue is fever with any of the following.

- 1) Nausea, Vomiting
- 2) Rash with high fever.
- 3) Aches and pains (eye pain, typically behind the eyes, muscle, joint, or bone pain).

Casual Agents :-

The casual agents for dengue are female Aedes mosquito, particularly Aedes aegypti. It continues to spread rapidly because of climate change, rapid urbanization, and population growth.

→ Outbreaks are usually seasonal, peaking during and after rainy seasons.

Treatment :-

There is no specific treatment for dengue fever exists. While recovering from dengue fever.

- 1- Drink plenty of fluids
- 2- Call your doctor right away if you have any symptoms.
- 3- Rest as much as possible.
- 4- Take acetaminophen (also known as Paracetamol).

Preventive Measures :-

There are some preventive measures for dengue.

- 1- Use insect repellent.
- 2- Wear long-sleeved shirts and long pants.
- 3- Control mosquitoes inside or outside your home

Short note on Malaria.

Malaria :-

Malaria is a life threatening disease spread to humans by some types of mosquitoes. Malaria mostly spreads to people through the bites of some infected female.

Anopheles mosquitoes.

Symptoms :-

Symptoms can be mild or life threatening. Mild symptoms are fever, chills and headache. Severe symptoms include fatigue, confusion, seizures and difficulty in breathing.

Casual Agents :-

Malaria is caused by a single-celled parasite of the genus *Plasmodium*. The parasite is transmitted to humans most commonly through mosquito bites. Others are *P. malariae* etc.

Treatment :-

Malaria is a serious infection and always requires treatment with medicine. Multiple medicines are used to prevent and treat malaria. Some are as follows.

Artemisinin-based combination therapy medicines like artemether-lumefantrine are usually the most effective medicines.

Preventive Measures :-

Malaria can be prevented by avoiding mosquito bites and by taking medicines. Lower the risk of getting malaria by avoiding mosquito bites.

- 1) Use mosquito nets when sleeping in places.

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- 2- Use mosquito repellents.
- 3- Use coils and vaporizers.
- 4- Wear protective clothing.
- 5- Use window screens.

Q Short note on hepatitis?

Hepatitis :-

Hepatitis is a general term used to describe inflammation of the liver. Liver inflammation can be caused by several viruses (Viral hepatitis), chemicals, drugs and alcohol etc.

Symptoms :-

Symptoms of hepatitis include

- 1- Pain or bloating in the belly area.
- 2- Fatigue
- 3- Low grade fever
- 4- Itching.
- 5- Loss of Appetite
- 6- Nausea and Vomiting.

Causal Agents :-

It is caused by one of several viruses Hepatitis viruses A, B, C, D and E. In the United States, the most common type of viral hepatitis are hepatitis A, B and hepatitis C. However heavy alcohol use, toxins

and certain medical conditions can cause hepatitis.

- In particular types B and C lead to chronic diseases in hundreds of millions of people, and are the most common cause of liver cirrhosis and cancer.
- Hepatitis A and E are typically caused by ingestion of contaminated food or water.
- Hepatitis B, C and D usually occur as a result of parental contact with infected body fluids.

Treatment :-

There are different ways of treating hepatitis diff types.

For example

Treatment for chronic hepatitis B may include Antiviral medications. Several antiviral medicines including entecavir (Baraclude), tenofovir (Viread), lamivudine (EpiVir) etc.

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Preventive Measures :-

There are different ways to prevent hepatitis which include

- 1- Get vaccines for hepatitis A and B.
- 2- Don't share needles to take drugs.
- 3- Practice good personal hygiene such as thorough hand washing with soap, and water.
- 4- Don't use an infected person's personal items.
- 5- Take precaution when travelling to areas of the world with poor sanitation.
(Make sure to get vaccines)