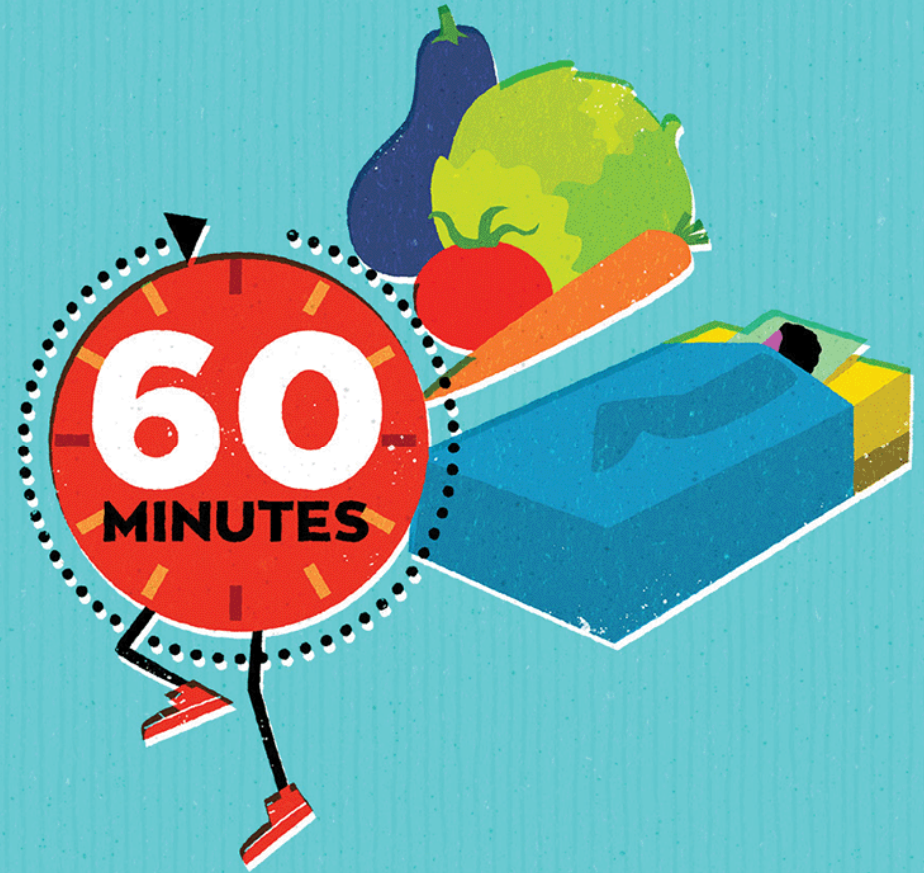




Lesson 3

Journal entry

Think about the actions you can take to help keep your body healthy. List as many as you can.



**Have you ever been sick
with a cold, the flu or
some other illness?**

**How did you know
you were ill?**

How did your body feel?



Healthy behavior

**Preventing
infectious and
chronic disease.**

Slide 3C

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By the end of this lesson, you will be able to...

1. Summarize the symptoms of someone who is sick or getting sick.
2. Explain the differences between infectious and noninfectious diseases.
3. Summarize the ways that common infectious diseases are transmitted.
4. Describe the behavioral and environmental factors that contribute to the major chronic diseases.
5. Summarize health practices to prevent the spread of infectious illnesses.
6. Summarize health practices to help prevent chronic disease.



Symptoms

the signals your
body sends to let you
know you are ill or
becoming ill

What are some
symptoms of illness?



**What are some
illnesses or diseases
you have heard of?**



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**Caused by germs—
organisms that
cause disease.**

**Can be passed from
person to person in
several ways.**

Infectious Diseases



Infectious Diseases

Caused by germs—organisms that cause disease.

Can be passed from person to person in several ways.

**Direct contact
with an infected
person**



Infectious Diseases

Caused by germs—organisms that cause disease.

Can be passed from person to person in several ways.



**Direct contact
with an infected
person**

**Indirect contact through
touching things an infected
person has touched**

Infectious Diseases

Caused by germs—organisms that cause disease.

Can be passed from person to person in several ways.

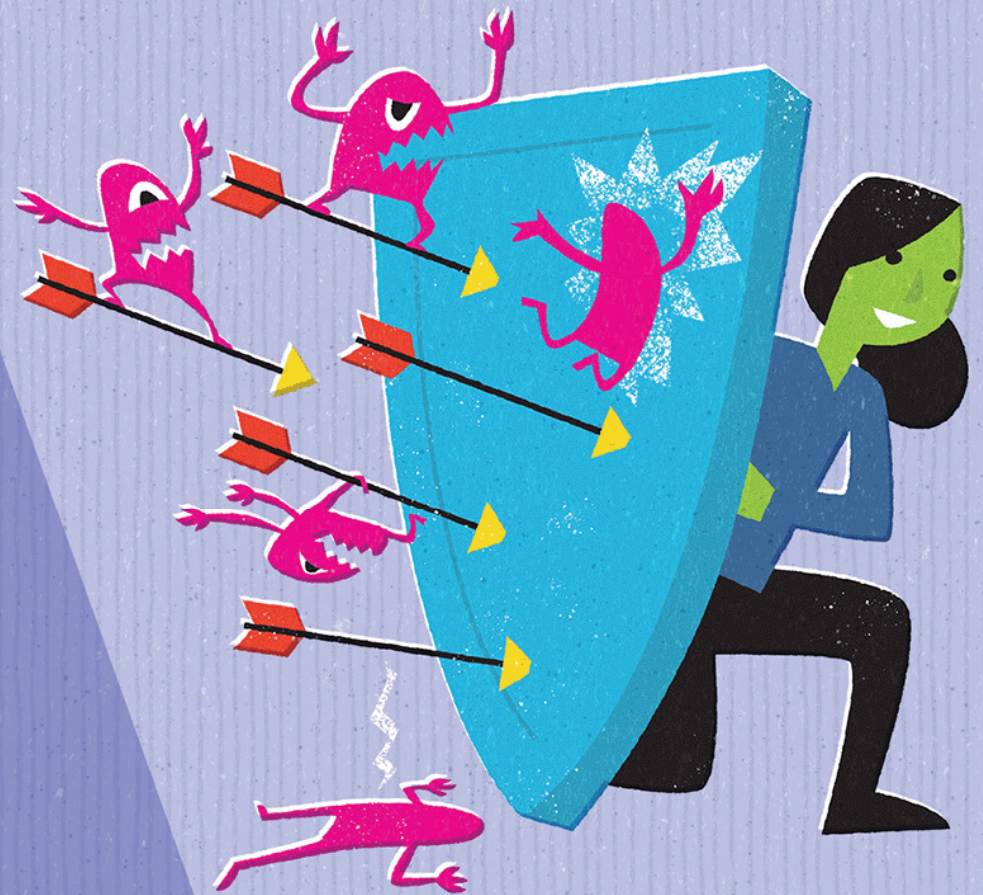


**Direct contact
with an infected
person**

**Indirect contact through
touching things an infected
person has touched**

**Through the air when
someone who's infected
coughs or sneezes**

What are some actions
you can take to help protect
yourself from getting
an infectious disease?

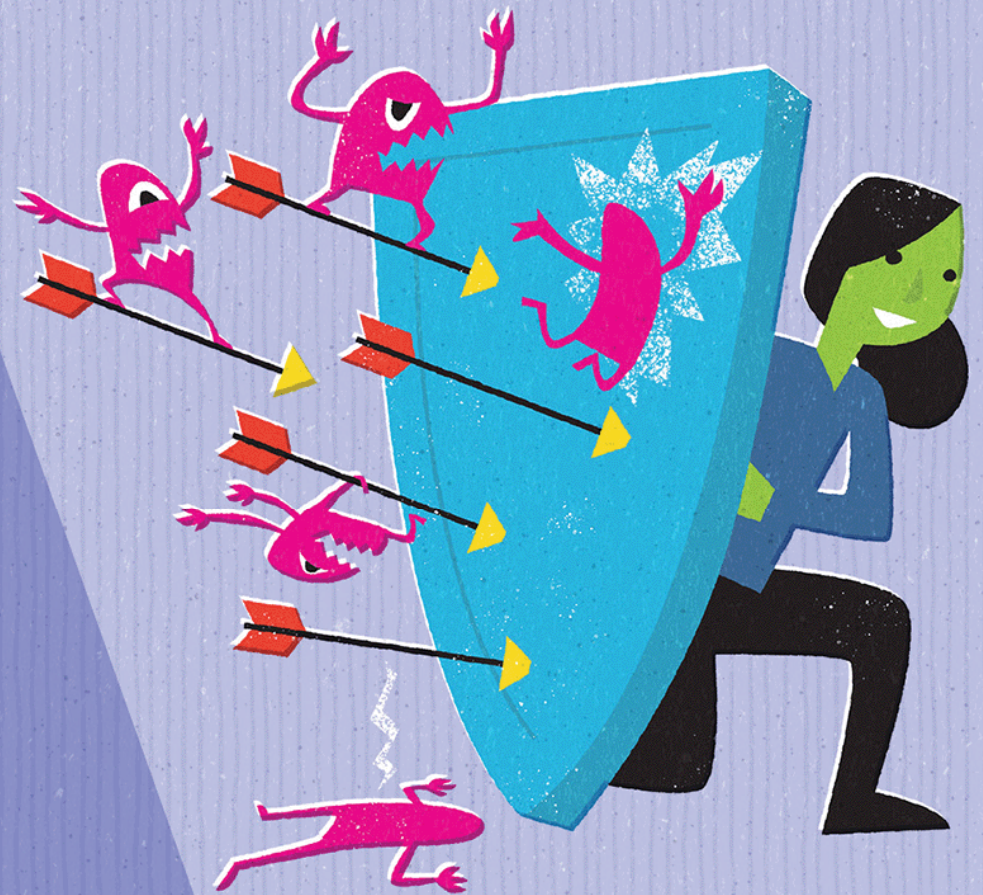


Slide 3H

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What are some actions
you can take to help protect
yourself from getting
an infectious disease?

One of the best ways to
avoid germs is to wash
your hands often.



Wash Your Hands

1. **Wet your hands.**
2. **Use plenty of soap to lather your hands. Scrub for at least 20 seconds.**
3. **Wash between your fingers and under your nails.**
4. **Rinse well.**
5. **Dry your hands with a towel.**



What can you do to protect others when you're sick with an infectious disease?



What can you do to protect others when you're sick with an infectious disease?

One of the best ways is to cover your nose and mouth any time you cough or sneeze.



Cover Your Cough or Sneeze

Place your mouth and nose against your inner elbow or sleeve.

If you cough or sneeze into a tissue, throw it in the trash right away.



Can't be caught or passed to other people.

Chronic diseases are ongoing or last a long time.

Can be influenced by several things.

Noninfectious Diseases



Can't be caught or passed to other people.

Chronic diseases are ongoing or last a long time.

Can be influenced by several things.

Family history or genes

Noninfectious Diseases



Can't be caught or passed to other people.

Chronic diseases are ongoing or last a long time.

Can be influenced by several things.

Family history or genes

Environment

Noninfectious Diseases



Can't be caught or passed to other people.

Chronic diseases are ongoing or last a long time.

Can be influenced by several things.

Family history or genes

Environment

Lifestyle and behavior choices

Noninfectious Diseases



My Plan to Be Healthy & Disease Free for a Lifetime

Directions: Answer the questions under each step to complete your plan.

► Step 1: Know how and why people get sick.

① Describe at least 3 signals your body sends when it's getting sick:

1. _____
2. _____
3. _____

② What is the difference between infectious and noninfectious disease?

③ Describe at least 3 ways a person could catch an infectious disease:

1. _____
2. _____
3. _____

④ Describe at least 2 things in the environment that could lead to chronic

Student Workbook page 14

**What's 1 action
you will start
doing right now
to help yourself
avoid disease and
stay healthy for
a lifetime?**



Slide 3M

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