HEALTH

Hospital

Ambulance
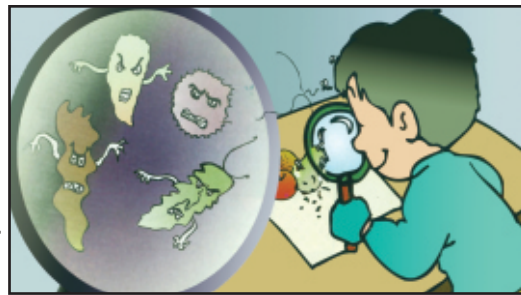
Allah Almighty has blessed us with good health. We should take care of cleanliness. If we don't take care of cleanliness, we shall become ill. When we become ill, we go to nearby dispensary or hospital. In the hospital or dispensary, doctors and nurses treat and take care of us. Some common diseases are:

1. cough   2. measles   3. malaria

Some diseases are caused by germs. These germs are present on different things. When we touch these things, germs stick to our hands. When we eat without washing hands, the germs enter our body and cause diseases.

We should take care of the following to keep us healthy.

Trash litter.

Take a bath daily.

Keep the hair clean.

Wash hands with soap.

Always use clean and fresh eatables.

Keep your teeth clean.

Activity-1

Fill in the blanks with the words given below.

| germs | Doctor | cleanliness | disease |

1. _____ cures the patients in hospital.

2. Diseases are spread by _____.

3. Cough is a _____.

4. We should take care of _____.

Activity-2

Tick (✓) the good habits for keeping us healthy.

1- Washing hands before eating. ☐

2- Eating things in the market. ☐

3- Combing the hair. ☐

4- Taking a bath daily. ☐

5- Not to throw litter in the trash bin. ☐