

Skills Worksheet

# Directed Reading

## Lesson: What Is an Infectious Disease?

### INFECTIOUS DISEASES

1. What is an infectious disease?

\_\_\_\_\_

2. A \_\_\_\_\_ is a disease that can be passed directly from one person to another person.

3. Infectious \_\_\_\_\_ are very tiny and usually cannot be seen with the naked eye.

### HOW INFECTION SPREADS

\_\_\_\_\_ 4. When infections are spread between people, they are normally passed by

- a. touching an infected person.
- b. sharing food or drink.
- c. inhaling germ-filled droplets.
- d. All of the above

### BACTERIAL INFECTIONS

5. \_\_\_\_\_ are very small, single-celled organisms that are found almost everywhere.

### ANTIBIOTICS

6. What does an antibiotic do?

\_\_\_\_\_

### VIRAL INFECTIONS

\_\_\_\_\_ 7. The symptoms of a viral infection may include

- a. nasal congestion.
- b. sore throat.
- c. body aches.
- d. All of the above

8. A \_\_\_\_\_ is an extremely small particle that consists of an outer shell and genetic material.

**Directed Reading** *continued*

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**Lesson: Defenses Against Infectious Diseases**

9. A \_\_\_\_\_ raises your body temperature, which may kill the organisms that are causing the infection.

**YOUR BODY'S DEFENSE SYSTEM**

10. The \_\_\_\_\_ is made up of organs and special cells that fight infection.

**THE FRONT LINE: KEEPING GERMS OUT**

11. List 6 physical barriers that your body's defense system uses to keep germs from getting into your body.

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**YOUR BODY'S INTERNAL DEFENSES**

- \_\_\_\_\_ 12. The immune response starts with
- a. macrophages signalling T cells and B cells.
  - b. antibodies attaching to other viruses.
  - c. macrophages engulfing the virus-infected cells.
  - d. None of the above
13. The reaction of the body to a germ that has gotten in is called an \_\_\_\_\_.
14. Your body remembers how to make the antibodies for every disease that you have ever had. This is called \_\_\_\_\_.

**KEEPING YOUR IMMUNE SYSTEM STRONG**

- \_\_\_\_\_ 15. To strengthen your immune system you have to
- a. get vaccinations.
  - b. eat right.
  - c. exercise regularly.
  - d. All of the above

**Directed Reading** *continued*

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\_\_\_\_\_ 16. Your immune system may suffer if you

- a. eat the right foods.
- b. use tobacco products.
- c. get plenty of exercise.
- d. get vaccinations.

17. The healthier your \_\_\_\_\_ is, the less you will get sick.

**Lesson: Common Bacterial Infections**

18. If they are allowed to go untreated, \_\_\_\_\_ can be very dangerous.

**STREP THROAT**

\_\_\_\_\_ 19. The main symptom of strep throat is

- a. pain when you swallow.
- b. feeling achy.
- c. feeling feverish.
- d. None of the above

**TUBERCULOSIS**

\_\_\_\_\_ 20. The symptoms of tuberculosis are

- a. cough.
- b. fever.
- c. weakness.
- d. All of the above

**SINUS INFECTIONS**

21. The \_\_\_\_\_ are open areas in your skull that are located behind your face and above your mouth.

22. What are three symptoms of a sinus infection?

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**Lesson: Common Viral Infections**

23. Every year, \_\_\_\_\_ cause thousands of days of missed school and work.

**Directed Reading** *continued*

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**THE COMMON COLD**

- \_\_\_\_\_ **24.** When you have a cold,
- a. stay close to others.
  - b. wash your hands infrequently.
  - c. wash your hands frequently.
  - d. None of the above

**INFLUENZA**

- \_\_\_\_\_ **25.** Symptoms of influenza include
- a. sore throat.
  - b. body aches.
  - c. sneezing.
  - d. All of the above
- 26.** A \_\_\_\_\_ is a substance that is used to keep a person from getting a disease.

**MONONUCLEOSIS**

- 27.** Mononucleosis may be passed through \_\_\_\_\_, which is why it is sometimes called “the kissing disease.”
- 28.** Mononucleosis is easily diagnosed by a \_\_\_\_\_.

**Lesson: Sexually Transmitted Diseases**

- 29.** What are sexually transmitted diseases?

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**WHAT ARE STDs**

- \_\_\_\_\_ **30.** STDs can be caused by
- a. viruses.
  - b. bacteria.
  - c. fungi.
  - d. All of the above
- \_\_\_\_\_ **31.** A person who has an STD but shows no symptoms at all is known as a
- a. transmitter.
  - b. infector.
  - c. carrier.
  - d. None of the above
- \_\_\_\_\_ **32.** Carriers of \_\_\_\_\_ often have no symptoms.
- a. chlamydia
  - b. syphilis
  - c. HPV
  - d. All of the above
- 33.** STDs may be transmitted through an exchange of \_\_\_\_\_ during sexual contact.

**Directed Reading** *continued*

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**34.** The deliberate choice to refrain from all sexual activity is \_\_\_\_\_.

**Lesson: HIV and AIDS**

**WHAT ARE HIV AND AIDS?**

**35.** \_\_\_\_\_, or AIDS, is a serious viral disease that destroys the body's immune system.

**36.** AIDS is caused by a virus called \_\_\_\_\_, or HIV.

**37.** A person can be infected with \_\_\_\_\_ and not be suffering from \_\_\_\_\_.

**WHERE DID HIV COME FROM?**

\_\_\_\_\_ **38.** The animal believed to be infected with SIV, the virus similar to HIV, is the

- a. mouse.
- b. monkey.
- c. baboon.
- d. squirrel.

**39.** HIV is now a \_\_\_\_\_ problem.

**HOW HIV IS SPREAD**

**40.** Describe the four ways HIV can be spread.

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**THE EFFECTS OF AIDS ON THE BODY**

**41.** A(n) \_\_\_\_\_ is an infection that happens only in people whose immune systems are not working very well.

**HOW HIV AND AIDS ARE TREATED**

\_\_\_\_\_ **42.** The time that passes from when a person is infected with a disease and when he or she actually gets sick is called the

- a. opportunistic infection.
- b. combination therapy.
- c. incubation period.
- d. None of the above

**Directed Reading** *continued*

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**43.** The only treatment available for AIDS is a combination of several drugs and is called \_\_\_\_\_.

**THE HIV/AIDS EPIDEMIC**

**44.** What makes HIV such a serious problem in underdeveloped countries?

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**Lesson: Preventing the Spread of Infectious Diseases**

**PROTECTING YOURSELF**

**45.** How can you protect yourself from getting infections?

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**PROTECTING OTHERS**

\_\_\_\_\_ **46.** To prevent the spread of infections to others you should  
**a.** wash your hands regularly.      **c.** cough into your elbow.  
**b.** avoid others while sick.      **d.** All of the above

**GETTING YOUR SHOTS**

**47.** Vaccines are made of inactivated, or weakened \_\_\_\_\_, that trick the \_\_\_\_\_ into thinking that it has been infected.

**48.** Identify five of the early childhood vaccinations currently available.

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# Answer Key

## Directed Reading

### LESSON: WHAT IS AN INFECTIOUS DISEASE?

1. any disease that is caused by an agent that can pass from one living thing to another
2. contagious disease
3. agents
4. d
5. bacteria
6. kills or slows the growth of bacteria
7. d
8. virus

### LESSON: DEFENSES AGAINST INFECTIOUS DISEASES

9. fever
10. immune system
11. Answers may vary. Sample answer: skin, hairs, tears, mucus, saliva, and stomach acid
12. c
13. immune response
14. immunity
15. d
16. b
17. immune system

### LESSON: COMMON BACTERIAL INFECTIONS

18. bacterial infections
19. a
20. d
21. sinuses
22. Answers may vary. Sample answer: congestion, fever, and headache

### LESSON: COMMON VIRAL INFECTIONS

23. viral infections
24. c
25. d
26. vaccine
27. infected saliva
28. blood test

### LESSON: SEXUALLY TRANSMITTED DISEASES

29. contagious infections that are spread from person to person by sexual contact
30. d
31. c
32. d
33. body fluids
34. sexual abstinence

### LESSON: HIV AND AIDS

35. acquired immune deficiency syndrome
36. human immunodeficiency virus
37. HIV, AIDS
38. b
39. Answers may vary. Sample answer: global
40. HIV is spread through sexual contact, when needles are used to inject drugs infected blood can be passed to the next user, blood transfusions, or from mother to baby through shared blood or breast milk.
41. opportunistic infection
42. c
43. combination therapy
44. Answers may vary. Sample answer: poor medical care and little education

### LESSON: PREVENTING THE SPREAD OF INFECTIOUS DISEASES

45. Answers may vary. Sample answer: washing with warm water and soap, not sharing food/drink with those who are sick, exercise, healthy diet, plenty of rest; These help by preventing the spread of infection or boosting the immune system's ability to fight infections.
46. d
47. germs, body
48. Answers may vary. Sample answer: hepatitis, measles, mumps, rubella, polio, diphtheria, tetanus, pertussis, and chickenpox