PRIMARY THREE LITERACY I
TERM III LESSON NOTES

VECTORS

What are vectors?

Vector are animals that spread disease causing germs.

Vectors are germ carriers.

Common vectors in our environment.

Mosquitoes

House flies

Black flies

Lice

Fleas

mad dog

tsetse flies

ticks

bed bugs

Characteristics of vectors.

Vectors carry germs.

Vectors live in dirty places.

Some vectors suck blood

Most vectors are insects.

Mosquitoes

There are three different types of mosquitoes.

These are;

Mosquito	Disease it spreads
Female anopheles mosquito	Malaria
Culex mosquito	Elephantiasis
Aedes mosquito/ tiger	Dengue fever/ yellow fever

Characteristics of mosquitoes

Mosquitoes lay their eggs in stagnant water / still water.

Mosquitoes live in bushes.

Mosquitoes have a proboscis used for sucking blood.

Mosquitoes are insects and move by flying.

EXTERNAL PARTS OF A MOSQUITO

Compound eyes

proboscis

Feeders (Antenna)

Wings

Thorax

Leg

Abdomen

Life cycle of a mosquito

Culex mosquito	Anopheles mosquito

Eggs larva(wriggler) Adult pupa	Eggs larva (wriggler) Adult pupa

A female mosquito lays eggs in stagnant water. Eggs hatch into larva, to pupa and pupa grow into adult.

MALARIA

Malaria is spread by a female anopheles mosquito
o.
Mosquitoes carry germs called plasmodia which cause malaria.

Signs and symptoms of malaria

High body temperature
Vomiting
Stomachache
Diarrhoea
Loss of appetite
General body weakness
Headache
Joint pain
Anaemia (Lack of enough blood in the body)
Chattering of the teeth

Control and treatment of malaria.

Sleep under a treated mosquito net.
Drain away stagnant water
Put oil on stagnant water.
Spray with insecticides.
Slash the bushes around the home
Introduce fish in pond to eat mosquito larvae.
Treat malaria early to prevent spreading.

Medicine used to treat malaria

Factory drugs	**Local drugs**
Chloroquine	Mululuza
Quinine	bombo
Co – Artem	Kigaji
Fansider	

Places where we can get factory made drugs

- Clinics

- Pharmacies
- Dispensaries
- Hospitals

HOUSE FLIES

Features of a house fly

- It has three main body parts i.e head, thorax. Abdomen
- Houseflies lay their eggs **in dirty rotting places**.
- It has a hairy that enables it to carry germs.
- It has a proboscis for sucking food.

Life cycle of a house fly

eggs larva (maggot)

adult (imago) pupa

A house fly has four stages of growth **called completemetamorphosis** i.e
Eggs - larva - pupa - Adult

List down other insects that have four stages of growth.

House flies butter flies wasps
Mosquitoes tsetse flies
Bees Fleas

The larva stage of a housefly (maggot) is useful to man because it helps to decompose faeces in latrines.
The adult stage is dangerous to man because it spreads disease germs.
Adult stage and larva stage are called active stages because they move and feed.
Pupa stage is dormant because there is no feeding or movement.

Ways of controlling houseflies in our environment

- By spraying them
- By smoking latrines
- By burning rubbish
- By mopping toilets / latrines

- By covering our food
- Ensuring proper disposal of faeces.

Diseases spread by houseflies

- Trachoma
- Typhoid
- Diarrhoea
- Dysentery
- Conjuctivitis
- Cholera

Diagram of a cockroach

COCKROACH

Features of a cockroach

- It is a brown winged insect.
- It has a flat abdomen.
- It lays its eggs in dark corners.
- It is mostly found in dirty places.

Name the places where cockroaches live.

- Pit latrine
- Cracks of walls
- Drawers
- Book shelves
- Cupboards
- Pit latrines.

Name the things that are eaten by cockroaches.

- Books
- Papers
- Faeces
- Clothes
- Dark dirty stores

Life cycle of a cockroach

Egg Nymph

Adult

Name the three stages that a cockroach undergoes to grow.

i. Eggs
ii. Nymph
iii. Adult

List down the insects that undergo 3 stages of growth.

Cockroaches locusts Dragon flies white ants
Grasshoppers termites Crickets
Dragon fly

Give the difference between a nymph and an adult cockroach.

Nymph	**Adult**
- Has no wings	- Has wings
- White in colour	- brown in colour
- Less active	- more active
- Smaller	- bigger

Identify the diseases spread by a cockroach.

- Diarrhoea
- Dysentery
- Cholera
- Leprosy
- Polio
- Typhoid

Mention ways of controlling the diseases spread by cockroaches.

- Spray the cockroaches suing insecticides.
- Practice proper hygiene
- Provides enough light in rooms
- Cover the food that has remained
- Warm left over food.

Tsetse fly

- It is a black hairy insect with a broad abdomen.
- It is found in bushes and produces its larva near water sources.
- Mature tsetse flies spreads nagana to cattle and sleeping sickness to man.
- A tsetse fly feeds on blood by sucking with its sharp proboscis.
- Both nagana and sleeping sickness are caused by germs called trypanosomes.

Life cycle of a tsetse fly

A tsetse fly undergoes four stages if growth. i.e complete metamorphosis (eggs, larva, pupa, adult)
NB Eggs of a tsetse fly hatch into larva from inside the abdomen.

Signs and symptoms of sleeping sickness.
Persistent fever
Sleepy all the time
Lack of appetite
Loss of weight

General body weakness
How can tsetse fly be controlled from our environment.

- By using tsetse fly traps
- By spraying with insecticides
- By clearing bushes near our homes.
- Avoid very early and late grazing of animals.

Diarrhoea, Dysentery, cholera and typhoid.
All the above diseases are water borne diseases because they are spread through drinking contaminated water.

Signs and symptoms.

- Abdominal pain
- Watery stool
- Headache
- Dehydration
- Loss if body weight
- Severe vomiting.

Note
Diarrhoeas is the frequent passing out of watery stool many times a day.
Dysentery is the frequent passing out of watery stool with blood in it.

Typhoid is mostly spread through drinking unboiled water.

Ways of controlling diarrhea, dysentery, typhoid and cholera.
Dispose wastes in latrines.

- Keep toilets and latrines clean.
- Keep cooked food covered.
- Boil water for drinking
- Proper disposal of faeces

- Burn rubbish
- Spray insecticides to kill house flies.
- Treat sick people early with antibiotics.

Trachoma

- It is spread by a house fly.
- It is caused by germs called Chlamydia virus
- It affects eyes.

Signs and symptoms of trachoma.

- Itching eyes
- Eyes turn red.
- Tears come out of the eyes.
- Difficult to look in light.
- Painful eyes.

Control and treatment of trachoma.

- Observe personal hygiene.
- Spray the house flies
- Do not share face towels and basins.
- Avoid shaking hands with infected people.
- Keep eyes clean.

Yellow fever
Yellow fever is spread by aedes/tiger mosquito.
Signs and symptoms.
Eyes turn yellow.
Passing out yellow urine.
Itching skin.
General body weakness.
Feeling sleepy.

How can yellow fever be controlled?
Spray the aedes mosquitoes with insecticides.
Drain stagnant water.
Sleep under treated mosquito nets.
Carry out fumigation

Table showing diseases with their germs.

Disease	Causing germs
Malaria	Plasmodia
Cholera	Vibrio cholera
Typhoid	Salmonella typhi
Trachoma	Chlamydia
Elephantiasis	Filaria worm
Sleeping sickness	Trypanosomes
Nagana	Trypanasoma
BIlhazia	Schistosoma / bilharzias flukes
Dysentery	Shigella

Other diseases, vectors and their control.

Vector	Disease	Control
Rat fleas	Bubonic plague	Trap and kill rats
Lice	Relapsing fever	Spray with insecticides
Ticks	Relapsing fever	Spray with insecticides
Itch mites	Scabies	Spraying
Mad dog (rabied dog	Rabies	Vaccinate dogs
Water snails	Bilhazia	Boil water for drinking / avoid swimming in dirty water
Black flies/ simulium flies / Jinja flies	River blindness	By spraying

The 4Fs

Diseases spread through the 4Fs

- Diarrhoea
- Dysentery
- Cholera
- Typhoid

Write 4 Fs in full.

- Faeces
- Flies
- Food
- Fingers

Diseases spread through the 4Fs are also called **diarrhoeal diseases** and they dehydrate the body.

Dehydration

What is dehydration?

Dehydration is the condition when the body does not have enough water in the body.

What causes dehydration?

- Severe vomiting
- Too much diarrhoea

List down the signs and symptoms of dehydration.

- Pale skin
- Loss of weight
- A pinch on the skin goes back slowly
- General body weakness
- Sunken eyes
- Joint pain
- Little or no urine at all
- Little or not tears.
- Sunken fontanel (soft spot on the head)
- Dry lips

Treatment of a dehydrates person.

Provide a lot if juice.

Give ORS

Mineral salts lost during dehydration

- Sodium
- Potassium

Write ORS in full.

ORS - Oral Rehydration solution.

Oral Rehydration salts.

Why are patients given ORS?

To replace the lost water and mineral salts to the body.

NOTE : Rehydration is the putting back lost water and mineral salts in the body.

Steps taken to prepare ORS

Steps 1 Wash your hands with clean water and soap.

Step 2 Put 1 litre of clean boiled water into a clean container.

Step 3 Add 8 tea spoons of sugar and 1 tea spoon of slat.

Step 4 stir the mixture to dissolve completely.

Term used in preparation of ORS

a) Solutes

a solute is a substance which is dissolved by a solvent.

Examples of solutes

- Sugar
- Salt

b) solvent

A solvent is a substance which sisolves a solute eg water.

c) A solution

A solution is the mixture if a solute and a solvent.

Examples of solution

- Sugar solution
- Salt solution
- Sugar salt solution (SSS)

Things (items) used in preparation of ORS (SSS)

- Sugar
- Salt
- Clean boiled water

NOTE: Sugar and salt are items that dissolve in water

Questions

a. What is the first step taken to prepare ORS.
b. Name the items used to prepare ORS.
c. How many tea spoons of salt are needed to prepare ORS.
d. During preparation of ORS, state the;
    i. Solvent
    ii. Solutes

ORS prepared locally is called SSS. Write SSS in full.

HIV / AIDS

AIDS is an STD (Sexually Transmitted Disease)
AIDS is called a deadly disease because it has no cure.
AIDS is caused by a virus called HIV.

AIDS - Acquired Immune Deficiency Syndrome.
HIV - Human Immunodeficiency virus

State the signs and symptoms of AIDS.

- Loss of weight
- Chronic cough
- Loss of appetite
- Chronic appetite
- Skin rash
- Skin cancer
- Herpes Zoster (Kissipi)
- Mouth ulcers

How is AIDS / HIV spread from one person to another?

- Through unprotected sex with an infected person.
- Through blood transfusion.
- Through breast feeding
- At birth from the mother to the unborn baby.

- Through sharing sharp instruments.
- Through cultural practices like circumcision.

Ways though which AIDS (HIV) cannot b spread

NOTE: PMTCT stands for prevention of mother to child transmission
How can AIDS / HIV be prevented from spreading.
Be faithful to your partner.
Abstain from sex.
Use condoms,
Screen blood before transfusion.
PMTC in pregnant women.
Sterlize sharp instrument before use.

Effects of AIDS/ HIV
To an individual

- Death of a person
- A person is isolated
- A person can commit suicide
- Psychological torture.
- Loss of job

To a family

- Loss of a family member
- Loss of income during treatment
- Children become orphans.
- It leads to poverty.
- Grief to family members

How can we care for HIV/ AIDS patients.

- Give guidance and counseling.
- Show them love
- Do not isolate them
- Give them a balanced diet.
- Maintain proper hygiene and sanitation.

Organizations which care AIDS victims
a) TASO – The AIDS support organization
b) Mild May Uganda
c) Uganda Cares
d) ACP – AIDS control programme
other examples of STDS

- Gonorrhea

- Syphilis
- Candida

PIASCY

Write PIASCY in full.
PIASCY - Presidential initiative on AIDS strategy for communication to youth.
PIASCY messages.
PIASCY messages help to protect the Youth from AIDS.
State the PIASCY messages.

- Say no to bad touches.
- Do not take gifts from strangers.
- Do not move in lonely places.
- Say no to early marriages.
- Follow your religion and stay safe.
- Know and observe your responsibility.
- Boys and girls respect a virgin.
- HIV and AIDS kill, protect your self.

SOURCES OF ENERGY

What is energy?
Energy is the ability to do work.
There are two main sources of energy.

i. Natural sources
ii. Artificial sources

Natural sources of energy.
Natural sources are sources made by God.

Examples

i. Wind
ii. Water
iii. Sun
iv. Food

How is wind a source of energy?

- Wind moves kites, parachutes and balloons.
- Wind moves wind mills.
- Wind sails boats and ships.
- Wind is used for winnowing.
- Wind generates electricity.
- Wind dries clothes.

- Wind drives machines.
- Discuss making a kite and parachute.

How is water a source of energy?

- Water generates hydro – electricity.
- Water is used for cooking.
- Water is used for transport.
- Water is used for washing clothes.
- Water is used for mopping.
- Water is used to mix chemical in factories.
- Water is used to cool machines.

Forms of energies got from the sun

- Heat energy
- Light energy
- Solar energy

How is the sun a source of energy?

The sun enables us to see.
The sun helps in rainfall formation.
The sun helps plants to make their won food.
The sun helps us to dry seeds, clothes and fish.
The sun provides solar electricity.
The sun give us light.
The sun makes us warm.

How is food a source of energy?

Helps us to grow.
Makes us healthy.
Helps us to be strong.
Helps us to build our body.

Artificial sources of energy.

Artificial; sources of energy are made by man.

Examples of artificial sources.

i. Fuel
ii. Electricity

What is a fuel?
Fuel is anything that burns to produce heat energy.

Examples of fuels.

- Diesel
- fire wood

- Petrol - paraffin
- Wood - coal
- Charcoal - natural gas.

Uses of fuels

Petrol and diesel are used to run vehicles.
Paraffin helps in cooking ad lighting.
Fire wood and charcoal are used in cooking.
Fuel are used to rum machines.

Electricity

Uses of electricity

- For running machines.
- For cooking
- For washing clothes
- For producing light.
- For producing heat.
- For hair dressing.

Types of electricity

- Hydro electricity : generated from running water
- Solar electricity : generated from the sun
- Thermal electricity : generated from burning fuels

Items that use electricity in our homes

- Televisions
- Flat irons
- Computers
- Radios
- Cookers
- Fridges
- Electric bulbs
- Oven

Dangers of electricity

- It shocks us
- It burns houses
- It spoils machines

Energy conservation.

Energy conservation means saving energy.

Ways of saving energy.

- Using energy saving bulbs.
- Switching off electrical appliances after use.
- Put out fire when not in use.
- Planting trees.

Switching off bulbs during the day.
Importance of saving energy.

- To avoid wastage.
- For future use
- To save money.

Dangers of energy and ways of avoiding them.

	Danger	Ways of avoiding them
1	Electric shocks	Proper installation / insulating electric wires
2	Fire out break	Using fire extinguisher By proper use of fire.
3	Strong wind (storms)	Plant trees for wind breaks. Constructing strong buildings.
4	Drought	Planting trees. Irrigating the land.
5	Floods	Constructing wide channels
6	Famine	Planting more food crops. Storing food for future use.

Accidents and First Aid

What is an accident?
An accident is a sudden injury on the body.
Accidents on the road.

Types of accidents

Road traffic accidents

- Fractures
- Burns
- Scalds
- Cuts
- Near drowning
- Stings
- Poisoning
- Bites
- Fainting

Road traffic accidents:
These are accidents which happen (occur) on the road.
Traffic : is the movement vehicles and people in an area.

Write down the causes of road accidents.

- Carelessness
- Poor roads
- Over speeding
- Overtaking in corners
- Driving while drunk
- Driving vehicles in poor mechanical conditions.
- Over loading
- Playing on the road.
- Bad weather
- Road users who can be knocked on the road.
- Pedestrians
- Drivers.
- Cyclists
- Animals

Ways of controlling road traffic accidents.

- Avoid over speeding
- Avoid playing on the road.
- Do not drive while drunk.
- Repairing the road.
- Avoid over loading.
- Following road signs.
- Avoid over taking in corners.
- Observing the high way code
- Using fly overs

Mention any road traffic signs and draw them.

- Humps ahead
- School ahead
- Traffic lights
- Parking
- No parking
- Corner a head
- Zebra crossing

Accidents at home and school.

Mention the common accidents at home.

- Cuts - poisoning
- Burns - choking

- Scalds - electric shocks
- Bruises - near drowning
- Near drowning - fractures
- Bites

Identify the things that cause accidents at home.

Sharp objects like knives, razor blades.

- Broken bottles
- Nails
- Pins
- Water bodies
- Poison
- Electricity

Give the cause of accidents at home and school .

- Climbing trees.
- Playing with sharp objects
- Over running
- Playing with fire.
- Poor storage of medicines.
- Playing with electricity.
- Fighting
- Carelessness
- Playing near water bodies.

Ways of controlling accidents at home and school.

- Keep medicines out of rich of children.
- Avoid climbing trees.
- Void playing with broken bottles.
- Avoid playing with sharp objects.
- Avoid over running.
- Keep young children away from the kitchen.
- Avoid playing near water bodies.
- Avoid playing with electrical appliances.
- Avoid fighting

First Aid

What is first aid?

First aid is the first help given to an injured person before taken to the nearest health centre.

NOTE: An ambulance is the special vehicle used to carry a casualty to the nearest health centre.

Why is it important to give first aid?
To save life
To reduce pain
To stop bleeding in case it occurs.
To promote quick recovery.
To prevent further injuries.

Who is first aider?
A first aider is a person who gives firs aid to a casualty.

Who is a casualty?
A casualty is an injured person.

State the qualities of a good firs aider.

- Should be clean.
- Should be kind.
- Should be helpful.
- Should be quick / fast .
- Should be empathetic.
- Should be knowledgeable

First aid box
What is a first aid box?
This is a box where first aid tools/ items are kept.
Items found in the first aid box are called first aid Kit.

Mention the things found in a first aid box.

- Bandages
- Plaster
- Spirit
- Cotton wool
- Razor blade
  pain killers
- Pair of scissors

- safety pins
- iodine
- gauze
- gloves
- -

Draw some items found in the first aid box.

Give the importance of items found in the first aid box.

a. Bandage - To tie broken bones, sprains and strains
b. Iodine - To heal the wound by drying.
c. Spirit - To kill germs on the wound.

d. Cotton wool - To clean the wounds and cuts.
e. Plaster - To cover the wound or cut.
f. Razor blade / pair of scissors. – To cut the plasters and bandages.
g. Pain killers _ To reduce pain.
h. Gloves - To prevent contaminating the health worker.

A first aid kit

A first aid kit is a collection if items used to give first aid.

Qn: What is the importance of each of these items?

a) A first aid kit?

b) A first aid box?