6.6 Preventing infectious diseases

Have you ever wondered what it was like to live in the days before the discovery of vaccination? Infectious diseases killed millions of people every year throughout the world. Feared diseases in former times were the bubonic plague (Beulenpest), tuberculosis, and smallpox (Pocken).
Nowadays, in developed countries, these diseases kill only few people. One of the main reasons for this is the use of vaccines, which can protect us against many infectious diseases. The first vaccination was carried out against smallpox in 1976 by Dr Edward Jenner.

Vaccines are produced from the bacteria or viruses that cause the disease. The bacteria or viruses are made harmless or killed in the laboratory. Vaccines are injected into the body. A vaccine causes a very mild form of the disease. To protect itself, the body produces antibodies and the person becomes immune to the disease. Bacteria or viruses are destroyed, but the antibodies remain. After two or three injections you have enough antibodies to protect you for several years. After a few years it may be necessary to have a booster injection.

Wichtige Impfungen

polio	Kinderlähmung	**tetanus**	Tetanus/Wundstarrkrampf
whooping cough	Keuchhusten	**diphteria**	Diphterie
measles	Masern	**tuberculosis**	Tuberkulose
rubella	Röteln	**hepatitis B**	Hepatitis B/Leberentzündung
chicken-pox	Windpocken		

Facts about rabies

Vaccinated dogs or cats are protected against rabies if bitten by an infected animal. An infected animal sits with its mouth hanging open, perhaps with saliva dropping from its mouth. It may snap at imaginary objects. A cat may scratch for no apparent reason. Every pet with rabies shows a personality change. A quiet animal may become aggressive. An aggressive animal may suddenly be loving. Take your pet to a veterinarian immediately if it is bitten by a wild animal, or if you suspect it may have rabies.

Please translate the text about rabies

Fakten über Tollwut

Geimpfte Hunde oder Katzen …

Have you ever seen an animal with rabies? Please tell the class about it.

Please fill in the names of the diseases.

rubella; cholera; tetanus; tuberculosis; food poisoning; common cold; hepatitis B; influenza

1. _____ is a main killer in poorer parts of the world. You can get it by drinking contaminated water or eating contaminated food. You get fever, diarrhoea and severe thirst. Overcrowding, poverty, and dirty water are ideal conditions for this disease.

2. _____ is caused by bacteria which slowly destroy the lung. The symptoms include coughing, spitting, and general weakness.

3. A _____ and _____ are caused by viruses, which spread easily because they can travel in the tiny droplets of moisture which we all pass out when we sneeze. You have a runny nose, a sore throat, and a headache. You feel tired. You should use paper tissues and keep away from other people. Rest and drink hot liquids. Take over-the-counter drugs like nose drops, cough sirup, and aspirin. Take vitamin C. It may reduce the length of this disease. Rub an ointment onto your chest and inhale etheric oils like camphor or menthol. This will bring relief.

4. _____ is caused by a virus. The virus causes serious damage to embryos during the first three months of pregnancy.

5. _____ is caused by a bacterium. It attacks the nerves and may cause paralysis or death. Spores which are in the soil can get into dirty cuts. Anyone with a deep and dirty cut should always be vaccinated againstit.

6. _____ is caused by bacteria called salmonella. These bacteria grow rapidly in lukewarm food. You should always leave dishes in cool places, and don't reheat meals more than once. A temperature of 95° C kills salmonella. Be careful with chicken and eggs. Boil and fry eggs until the white and the yolk are solid. Don't eat uncooked food made from raw eggs – for example home-made mayonnaise or ice-cream. Avoid drinks with ice cubes. Symptoms are severe stomach pains, diarrhoea, vomiting, and fever. Young people recover after one to three days in bed, but older and weaker people sometimes have to be taken to hospital. They may even die.

7. _____ is caused by a virus and affects the liver. To avoid catching it, you have to disinfect your hands very carefully before and after assisting. You should disinfect and sterilize instruments by steam under pressure. Be careful with blood. Always wear rubber gloves. You should be vaccinated against this occupational disease.

Please translate one of the following:

1. texts 1, 2, 7 **2.** text 3 **3.** texts 4, 5 **4.** text 6

Write about your own experience with infectious diseases. Write about 60 words.

Let's talk about AIDS (Acquired Immune Deficiency Syndrome)

When the immune system is out of order, people cannot fight against infections. This is what happens with people who have AIDS. They die of infections like pneumonia. AIDS was first reported in the United States in 1981. It is caused by a virus (HIV) spread by sexual contact, needle sharing or exchange of blood (transfusions). People at highest risk for HIV infection include homosexual and bisexual men, intravenous drug users, and hemophiliacs. Others with high risks are prostitutes, people who received blood transfusions, and babies who were born by mothers infected with HIV. You can get it by having sex with a member of a high-risk group without using condoms. You can't get it by shaking hands or sharing drinks with a person who has AIDS. You can't get in swimming-pools or on toilet seats. You can even kiss an infected person on the lips.

AIDS has already killed more Americans than the Vietnam War – more than 72,000 until 1990. Everything must be done to prevent this disease, because almost everyone who catches it will die of it.

Please translate:

1. kämpfen gegen _____
2. Lungenentzündung _____
3. übertragen durch _____
4. Fixer _____
5. Bluter _____
6. Bluttransfusionen erhalten _____

Please fill in the table.

How can you get AIDS?	How can't you get AIDS?

"He lied to me and now I'm HIV-positive"

HIV wasn't an issue for me. Now I know, that by the year 2000, 13 million women will be HIV-positive. My fault was to love a man who was bisexual. Peter never told me that he met boys for love. I was so sure. We never used condoms. – Never have unprotected sex! ! ! For me, this advice was too late. I never knew that the man I lived with was HIV-positive.

The man I trusted completely infected me with the virus. He was 25, a musician, good-looking, funny and intelligent. I didn't know he had love with other men. To me he didn't look like someone who had AIDS. He didn't have swollen lymph nodes, a rash, weight loss, or fever. I couldn't believe that Peter could have it. I went for a test and it was positive. I asked Peter why he'd never told me, but he said he couldn't bear the thought of losing me.

Most of my friends, my family and colleagues have been wonderful. Peter died just before Christmas. On the one hand, I hated him, but on the other hand, I felt sad for him. I have a real problem trusting men now. I'm not ashamed of being HIV-positive anymore. I can have sex when I take precautions – condoms and spermicidal cream. HIV is constantly destroying my white blood cells, called the Helper T-cells, my body's defence against infections. I have been treated with the drug AZT, but I know there is no cure for AIDS. The virus will kill me.

Please find the correct expressions from the text above.

1. not to tell the truth _____
2. an important problem _____
3. a mistake _____
4. giving help and information _____
5. to believe that someone is honest _____
6. red spots on the skin _____
7. an action which prevents something dangerous from happening _____
8. damaging _____
9. action which protects a person from attack by microorganisms _____