HEALTH EDUCATION

CARE OF TEETH

In order to maintain strong and healthy teeth we should:

a) Brush teeth regularly and properly i.e. downward and upward motion with toothbrush and toothpastes or chewed twig with warm salty water.
b) Avoid sugary foods (sweet)
c) Do not use your teeth to break hard things.
d) Eat foods such as vegetables and fruits
e) Visiting a dentist regularly for check-ups
f) Avoid using sharp objects like toothpicks to remove food particles. Instead use a dental floss.
g) Chewing hard foods e.g. nuts, carrots, sugarcane, cassava, to make them strong

PROBLEMS RELATED TO TEETH

1. Bad smell– is caused by food particles that rot in between the teeth. A rough layer / sticky substance formed on teeth by food particles that rot is called plague.

2. Bleeding gum– Rotten food produce germs that make the gum swollen, soft and tender hence starts bleeding. Swollen gums lead to tooth sensitivity especially to hot and cold foods Bleeding gums are also known as gingivitis

3. Cavities
   - Holes in the teeth
   - Germs from rotten food particles produce acid that causes cavities
4. Tooth decay
   • Rotting of the tooth
   • Also known as dental caries
   • Affects up to the root system
PROPER USE AND STORAGE OF MEDICINES

Medicines are substances that are given to cure, treat or prevent diseases.

Medicinal drugs – Drugs used to treat, cure or prevent diseases.

Uses of medicines

What are Medicines?

1) Cure diseases
2) To prevent diseases
3) To relieve pain
4) To supplement body vitamins and mineral salts.

Curatives – are medicines used to cure diseases. Taken only when sick.

Preventives/vaccines – medicines that prevent diseases

Painkillers/pain relievers – medicines used to relieve pain. Taken when you feel pain.

TERMS

1. Dose - Amount of medicine given by the doctor.
2. Dosage - Amount of medicine to be taken at one time.
3. Prescription - A note given by the doctor describing illness
4. Overdose - Taking excess medicine
5. Underdose - Taking less medicine
6. Aerosols - Empty medicine containers / wrappers
7. Expiry date - Date when medicine gets spoilt
8. Manufacture date - Date when medicine was made
9. Dispose - To get rid of
10. Quacks - People who pretend to be qualified doctors

PROPER USE OF MEDICINES

- Always complete the dosage given
- Take medicines as instructed by the doctor.
- Take recommended dose, do not overdose or underdose
- Take only when sick/feeling pain
- Do not share medicine
- Read instructions before you take
- Do not take medicine given by quacks
- Check expiry date
• Take medicine for the recommended purpose
• Seek medical assistance if the medicine given has side effects.
• Take vitamin and mineral salt supplements when instructed by the doctor.

PROPER STORAGE OF MEDICINES

• Keep medicine safe out of children’s reach.
• Label medicines well before storage.
• Keep medicines in the medicine kit or cupboard.
• Keep medicine in a lockable place.
• Medicines for rubbing and applying on skin (creams) should be kept separate from those taken by mouth.
• Keep each type of medicine with its own instructions and directions of use.
• Keep medicine in clean, dry and cool places.
• Do not store medicine on direct sunlight.

PROPER DISPOSAL OF MEDICINE CONTAINERS

• Dispose means to get rid of
• The best method to dispose the containers (wrappers) is to recycle them i.e. melt and re-mould to useful products.
• You can also bury them in a pit

NB: You should not burn because this pollutes the environment.

Aerosols are the empty medicine containers / wrappers

CHEMICALS USED AT HOME

Examples

- Washing detergents e.g. soaps, washing powders, cleaning agents and bleaching agents.

- Beauty creams

- Fuels such as kerosene, petrol, diesel

- Antiseptics for cleaning wounds

- Fertilizers used to improve soil fertility

- Paints and turpentine

- Insecticides – used to kill insects
- Pesticides – used to kill pests
- Herbicides – used to kill weeds
- Acaricides – used to kill ticks
- Fungicides – used to control fungal diseases

**Safety measures when handling chemicals at home**

- Store chemicals away from reach of children
- Do not store chemicals near foodstuffs or empty containers of food.
- Clear liquid chemicals like kerosene should not be stored in soft drink or juice bottles to avoid confusion.
- Wear protective clothing or gear when applying chemicals e.g. mask, goggles, headgear, overall, gumboots.
- Cover open cuts to avoid body contact with chemicals
- Store chemicals far away from fire because some are highly inflammable (catch fire easily) e.g. kerosene, petrol, spirits, etc.
- Store chemicals in lockable places.
- Label all chemicals well before storage.
- Spray chemicals when rooms are not in use.
- Foodstuffs, utensils, water containers should be removed before spraying
- Clear instructions should be given to children not to inhale or taste unknown substances.
- Dispose empty containers properly (recycle or burry)
- Read and follow instructions on labels carefully when using chemicals.
- Spray chemicals towards the direction of wind to avoid inhaling (Not against the direction of wind)
- Wash your body with soap and warm water after spraying
- Wash your clothes after spraying
- Do not eat or smoke when handling chemicals.

**NB:** *If chemicals are carelessly handled they can cause poisoning (harm your body)*.

Chemicals can be inhaled, swallowed, injected into you body or body contact.
A person who has taken poison can experience the following:

- Vomiting
- Stomach/Abdominal pains
- Headaches
- Unconsciousness
- Difficulty in breathing
- Burnt lips, mouth or throat.

If a person has taken poison, first aid should be administered as follows:

- Inform an adult
- Give plenty of milk/water
- If the person has taken poison that can burn throat do not make him vomit. This burns the throat and mouth.
- Take the person to hospital with a sample of the poison.

**HIV AIDS**

**HIV** is the virus that causes **AIDS**.

**HIV** stands for:

- **H** - Human - means the virus attacks people.
- **I** - Immunodeficiency – destroys a person’s immunity
- **V** - Virus – the disease is caused by a virus

HIV virus destroys the body’s immunity system (white blood cells that fight against diseases)

**AIDS** - This is the disease caused by the HIV virus

**AIDS** stands for:

- **A** - Acquired – got from
- **I** - Immune – to be protected from
- **D** - Deficiency – “Lack of”
- **S** - Syndrome – a group or number of signs and symptoms showing a certain illness.

People with AIDS are said to be HIV positive.

HIV negative – people without.

Ways in which HIV is spread
The virus is spread through body fluids such as:
- Blood
- Breast milk
- Reproductive fluids – vaginal fluids/semen
- Saliva

**Ways/modes of spreading**
- Sexual intercourse – Exchange of reproductive fluids
- Blood transfusion – Transfer of blood from one person to another
- Donor – Person who donates (gives) blood
- Recipient – Person who receives donated blood
- Deep kissing – Exchange of saliva
- Infected mother to child – Either during giving birth or breast feeding
- Open wounds
- Sharing skin – piercing / cutting tools.

Ways in which HIV is NOT spread
- Insect bites e.g mosquito
- Playing with infected people
- Sharing toilets/seats/bathrooms/utensils, etc
- Hugging/shaking hands
- Swimming together
- Being shaved/plaited by an infected person

**Stages of HIV infection**
There are four stages of HIV infection in order:

1. **Window stage**
   - The person tests negative, i.e. machines cannot detect the virus.
   - The person looks healthy but can infect other people

2. **Asymptomatic stage/incubation stage**
   - Also known as incubation stage
   - No signs and symptoms of HIV infection
   - The person tests positive

3. **Symptomatic stage**
- Also known as symptoms showing stage.
- Patient shows signs and symptoms of HIV infection.

Examples

- Weight loss
- Fever that lasts for a longer time
- Persistent cough
- Skin rashes and sores in the mouth (mouth ulcers)
- Other diseases coming in like tuberculosis (TB)
- Loss of appetite
- Diarrhoea

4. **Full-blown stage**

- immunity system is completely destroyed.
- Patient shows signs and symptoms of very poor health
- Opportunistic diseases/secondary infections comes in
- Leads to death.

### PREVENTING HIV/AIDS

- Adolescents to abstain from sexual intercourse
- Married people to be faithful to their partners
- Cover open wounds and cuts when handling victims
- Test blood before transfusion
- Use protective clothing when handling victims

### HIV/AIDS

#### The HIV blood test

- The commonly used HIV test is known as Elisa test.
- The results of Elisa test shows weather the body is producing antibodies against HIV infection
- Antibodies are substances which the body uses to fight disease causing germs.
- During window stage of HIV infection, Elisa test may not discover the presence of HIV in the blood of an infected person because the body takes some time (between three and six months) to produce the antibodies to fight the HIV virus.
- During Elisa test, if the antibodies that fight the HIV are found in the blood sample, the person is said to be HIV positive.
- If there are no antibodies, then the person is HIV negative.
- For accurate results of HIV infection using Elisa test it is advisable to go for more tests even after six months.

#### Importance of HIV testing

- To overcome fear
- To decide on marriage
- To change behavior
- To plan the future of one’s dependants
- To campaign against the spread of HIV

**PRE-TEST AND POST-TEST COUNSELING**

- Counseling – means helping a person to understand his or her problem and also find a solution to the problem.
- Pre-test counseling – It is given before one takes an HIV test.
- Post-test counseling – It is given after the test is done but before the results are released to the person who was tested.
- Pre-test counseling and post-test counseling are done at places called Voluntary Counseling and Testing (VCT) centres

**Effects of HIV Infection**

HIV/AIDS affects the individual, family and Nation.

**On an individual**

- Suffer opportunistic diseases i.e. sicknesses associated with the HIV/AIDS e.g. Tuberculosis, Pneumonia, skin rashes, fever, diarrhea, persistent cough, etc.
- General weakness – Lack of strength and energy to work, play or engage in leisure activities.
- Low self esteem – one feels that he or she is not important.
- One feels rejected i.e. not accepted to the society.
- Low standards of living since more money is spent on treatment.
- Poor performance in school or at the place of work

**To the family**

- Loss of earning if the victim is a parent and also the breadwinner in case of death.
- More money is spent on treatment at the expense of other family needs.
- Sadness in the family
- Disappointment/shame in the family when a member of the family is infected or dies.
- Children lack parental care and love in case one or both parents die.
- Extra duty for the family members to take care of the victim.

**To the nation**

- Poor health care due to congestion in the hospitals.
- Low agricultural and industrial production. Young and energetic people cannot turn up for work.
- Increased number of school dropouts and orphans.
- Poor economy – Government spend a lot of money to train professionals to replace those who have died instead of using the money for other productive projects.
- Increase of poverty.

MYTHS AND MISCONCEPTIONS ABOUT HIV/AIDS

A myth:- Is a false idea or a false story that many people believe is true.
Misconception: It is a wrong or untrue idea which people believe because they do not have the facts or do not understand it all.
Fact: This is the reality about HIV/AIDS.

<table>
<thead>
<tr>
<th>MYTH/MISCONCEPTIONS</th>
<th>FACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• AIDS does not exist</td>
<td>• AIDS exists. Many people have it.</td>
</tr>
<tr>
<td>• A belief that AIDS is as a result of witchcraft or curse</td>
<td>• It is as a result of the HIV virus</td>
</tr>
<tr>
<td>• AIDS can be cured through witchcraft or having sexual intercourse with a virgin girl child</td>
<td>• Anyone can contract AIDS</td>
</tr>
<tr>
<td>• AIDS affects only immoral people</td>
<td>• Some people with HIV/AIDS look very healthy</td>
</tr>
<tr>
<td>• Thin people have AIDS or are HIV carriers</td>
<td>• It is a fact that HIV/AIDS can only be spread through the ways that spread HIV e.g. sexual intercourse, blood transfusion, e.t.c.</td>
</tr>
<tr>
<td>• People believe that AIDS can be spread through ways which do not spread HIV/AIDS e.g. mosquito bites, shaking hands, e.t.c.</td>
<td></td>
</tr>
</tbody>
</table>

CARE AND SUPPORT OF HIV/AIDS VICTIMS

- Show them love and care.
- Provide adequate diet for them – Balanced diet.
- Help them to maintain high standards of personal hygiene.
- Assist them to get regular medical attention.
- Encouragements and words of hope to them.

SEXUALLY TRANSMITTED INFECTIONS (STI’S)
These are infections transmitted from an infected person to a healthy person through sexual intercourse.

1. These diseases include
   a) Syphilis
   b) Gonorrhoea
   c) Chancroid
   d) Genital herpes
   e) AIDS

<table>
<thead>
<tr>
<th>STI</th>
<th>Cause</th>
<th>Mode of transmission</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Syphilis</td>
<td>Bacteria</td>
<td>- sex</td>
<td>- irregularly shaped chancre - joint pains -</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- kissing</td>
<td>paralytic - painful rashes - painless</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- from infected mother to unborn child through infected blood</td>
<td>sore</td>
</tr>
<tr>
<td>Gonorrhoea</td>
<td>Bacteria</td>
<td>- sex</td>
<td>- pain during urinating - bleeding between</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- mother to baby during birth</td>
<td>menstrual flow - discharge of pus from</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>vagina or rectum - frequent urinating -</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>pain or swelling of testicles - pain in</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>lower abdomen in female.</td>
</tr>
<tr>
<td>Chancroid</td>
<td>Bacteria</td>
<td>- sexual contact</td>
<td>- painful swellings (pimples) - swelling of</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- skin to skin contact between infected people</td>
<td>gland - bubo - bleeding and pain during</td>
</tr>
<tr>
<td>Genital herpes</td>
<td>Virus</td>
<td></td>
<td>ejection</td>
</tr>
</tbody>
</table>

**SYPHILIS**

It is caused by a bacterium. It is spread through sexual intercourse or kissing an infected person.

It can also be passed from an infected mother to an unborn child through infected blood.

**Signs and symptoms**

1. In males painless sores appear on the penis and in females a painless sore appears on the vulva.
2. Sore disappears after a week.
3. Fever, skin rashes and itching may follow.
GONORRHOEA

It is caused by a bacteria

**Signs and symptoms**
- A burning sensation when urinating.
- Pain in the lower abdomen in females.
- Discharge of pus from the vagina and penis.
- Fever.

CHANCROID

It is caused by a bacteria and spread through sexual intercourse. It is also known as soft sore.

- Signs and symptoms
  - Swelling of lymph glands creating pus filled swellings called bubo.
  - A painful sore on the sex organs
  - The sore fills with pus then ruptures leaving a painful open sore.

PREVENTION OF SEXUALLY TRANSMITTED INFECTIONS (STI’S)

1. Abstinence for the unmarried.
2. Married people to be faithful to their partners.
3. Those infected should seek medical assistance
4. Avoid abuse of drugs that may lead to poor decisions.
5. Use of condoms (does not provide complete protection).

CONTROL MEASURES FOR HIV AND AIDS

Control measures for HIV and AIDS include:
1. Creating public awareness
2. Conducting campaigns through various media
3. Mass education
CREATING PUBLIC AWARENESS

1. To create awareness means to inform people about something. The people may be gathered for an event e.g. A harambee, funeral, wedding, Sunday service, chief barazas, market places, crusades.

2. Creating public awareness on HIV/AIDS refers to bringing attention to the community concerning the existence of HIV/AIDS.

CONDUCTING CAMPAIGNS THROUGH VARIOUS MEDIA

1. Media: Refers to various means of communication that reach all or most people in the society
2. Media include: Television, radio, newspapers and magazines. Television and radio can air programmes education the public on HIV/AIDS.
3. Newspapers and magazines could also publish educative articles.

EDUCATING MASSES

1. The masses refer to many people.
2. Mass education refers to the education that is given to many people at the same time.
3. Mass education can be conducted through:
   • Workshops
   • Rallies
   • Mass media (Radio, television, newspapers)
   • Seminars
   • Pamphlets, booklets, newsletters and brochures

COMMON COMMUNICABLE DISEASES

Communicable diseases are diseases which can be passed from one person to another.

Examples of the disease are:

- malaria
- tuberculosis
- common cold
- typhoid

MALARIA
The malaria-causing parasites are passed from one person to another through the mosquito bites of a female anopheles mosquito.

The parasite is called plasmodium

The parasite destroys the red blood cells in the body.

Signs and symptoms of malaria

- Loss of appetite for food
- Vomiting and diarrhoea
- Dehydration of the body – Lack of enough fluids
- Lack of enough blood in the body which may cause anaemia
- Body becomes weak
- Pain in the joints
- Headaches
- Shivering followed by sweating
- Rise in body temperature – fever.

**PREVENTIVE MEASURES OF MALARIA**

- Drain all unwanted stagnant water which provides a breeding place for mosquitoes.

- Clearing away containers that may collect some water to act as breeding places for mosquitoes.
- Covering the surface of stagnant water which cannot be drained away with a thin layer of oil. This kills any mosquito larvae in water since oil layer prevents water from dissolving into water.
- Fitting fine wire mesh or mosquito gauze on windows to keep away mosquitoes.
- Applying mosquito repellant lotion or petroleum jelly on the skin before sleeping.

- Sleep under a treated mosquito net which repels or kills mosquitoes.
- Covering all water storage containers and tanks to prevent mosquitoes from breeding in the water.
- People who are visiting places with a lot of mosquitoes should take malarial preventive drugs.
- Clearing bushes and grass around houses to prevent breeding of mosquitoes.
- Use Insecticides and mosquito coils
TUBERCULOSIS (TB)

- Tuberculosis is caused by some germs called bacteria.
- The bacteria is called bacillus.
- The bacteria mainly attack and infect lungs.

Mode of spread of TB
- Breathing contaminated air with the bacteria
- Through kissing
- Sharing items e.g. handkerchiefs and utensils.

NB: TB is a common opportunistic infection among AIDS patients

SIGNS AND SYMPTOMS

- Frequent and prolonged coughing
- Coughing out droplets of blood at times (blood in the sputum)
- Chest pains
- Fever
- Pale, weak and thin body
- Gradual loss of weight

PREVENTION OF TUBERCULOSIS

- Immunization against the disease with BCG – Administered at birth
- Avoiding dusty environments e.g. sprinkle water when sweeping earthen floors, paths etc to reduce the amount of dust that might have TB germs.
- Avoid overcrowded places e.g. in matatus, houses, gatherings, etc
- Have well ventilated rooms to reduce concentration of the TB germs.
- Observing personal hygiene.

IMMUNIZABLE DISEASES

- Immunization is the process of protecting one from getting a disease by administering/giving vaccines.
- Immunization is also known as vaccination or inoculation.
- There are diseases whose vaccines are not available e.g. malaria
- Immunizable diseases include:

a) Tuberculosis (TB)
b) Measles
c) Poliomyelitis (Polio)
d) Diphtheria

e) Whooping cough (Pertussis)

f) Tetanus

**Tuberculosis:**

- Vaccine used for immunization against TB is called BCG.
- Administered through injection
- Injection done on the left arm between the wrist and the elbow
- Given at birth

**Measles:**

- Affects children after the age of nine months.
- Cause death very easily if not controlled
- Injection done on the upper arm

**Poliomyelitis (Polio)**

- The disease attacks the nervous system.
- Brain is part of the network and controls the nervous system
- Poliomyelitis destroys the nerve cells which causes paralysis of some parts of the body such as the arms and legs.
- The vaccine is administered in the body through the mouth (oral)

**Diphtheria**

- Attacks children between the ages of one and 10 years.
- Affects throat and cause difficulty in breathing.
- A DPT vaccine is administered through injection on the thigh.
- DPT vaccine prevents three diseases.

D - Diphtheria

P - Whooping cough (Pertussis)

T - Tetanus

**Whooping cough**

- Spreads easily
- The cough takes the form of a whoop hence the name whooping cough

**Tetanus (Lock jaw)**
- Caused by germs that live mainly in the soil.
- The germ is also found in rusty objects such as nails, iron sheets and animal dung.
- Germs enter the body through the cuts in the skin.
- Tetanus causes stiffness of the joints especially of the jaw.
- Vaccine against tetanus is DPT done on the thigh as an injection.
- Also known as lock jaw.

NB: The different times and the vaccine to be given at each time is referred to as the Immunization Schedule for children.

<table>
<thead>
<tr>
<th>Age at which the child is immunized</th>
<th>Name of vaccine</th>
<th>Immunizable disease</th>
<th>Type of Immunization</th>
</tr>
</thead>
<tbody>
<tr>
<td>At birth</td>
<td>BCG</td>
<td>Tuberculosis</td>
<td>Injection on the left arm</td>
</tr>
<tr>
<td></td>
<td>1st dose of Anti-polio</td>
<td>Poliomyelitis (Polio)</td>
<td>Orally (drops through the mouth</td>
</tr>
<tr>
<td>At 6 weeks</td>
<td>2nd dose of anti-polio</td>
<td>Poliomyelitis (polio)</td>
<td>Orally</td>
</tr>
<tr>
<td></td>
<td>1st dose of DPT</td>
<td>DPT given against three diseases: D – Diphtheria P – Whooping cough T – Tetanus</td>
<td>Injection on the thigh</td>
</tr>
<tr>
<td>At 10 weeks</td>
<td>3rd dose of anti-polio</td>
<td>Poliomyelitis</td>
<td>Orally</td>
</tr>
<tr>
<td></td>
<td>2nd dose of DPT</td>
<td>Diphtheria, Whooping cough, Tetanus</td>
<td>Injection on the thigh</td>
</tr>
<tr>
<td>At 14 weeks</td>
<td>4th dose of anti-polio</td>
<td>Poliomyelitis</td>
<td>Orally</td>
</tr>
<tr>
<td></td>
<td>3rd dose of</td>
<td>Diphtheria,</td>
<td>Injection on the</td>
</tr>
<tr>
<td>DPT</td>
<td>Pertussis, Tetanus</td>
<td>thigh</td>
<td></td>
</tr>
<tr>
<td>-----</td>
<td>--------------------</td>
<td>------</td>
<td></td>
</tr>
<tr>
<td>9 months</td>
<td>Anti-measles</td>
<td>Measles</td>
<td>Injection on the upper arm</td>
</tr>
<tr>
<td>Yellow fever vaccine</td>
<td>Yellow fever</td>
<td>Injection</td>
<td></td>
</tr>
</tbody>
</table>

NB: Booster for tetanus is given at the age of 10 years

**OTHER IMMUNIZABLE DISEASES**
- Typhoid
- Cholera
- Yellow fever
- Hepatitis B

**DRUGS**

A drug is any substance other than food that when taken alters the normal functioning of the body.

A drug changes the state of the body, mind and behavior of the person.

**Classification of drugs**

Drugs can be classified according to their effect in the body as follows:

a) Curative drugs – Treat or cure diseases
b) Preventive drugs/vaccines – Protect the body against diseases.
c) Stimulants – Stimulate the body organs to become.
d) Depressants – Reduce the activity of some body systems or organs.
e) Painkillers – Relieve/reduce pain.
f) Hallucinogens – Makes one hear or see or experience things which are not real e.g. bhang, cocaine
g) Sedatives

**DRUG MISUSE**

Drug misuse is the usage of any drug for any other purpose other than the recommended one i.e. taking drugs for the wrong purpose.

Ways in which drugs are misused.

- Taking wrong medicine knowingly or unknowingly.
- Taking wrong dosage i.e. overdose or underdose
- Sharing medicine with other people having similar sickness
- Taking medicine when one is NOT sick
- Taking medicine in order to relax during bed time (induce sleep) using sleeping pills.
- Buying and taking medicine without a doctor’s prescription
- Buying medicine off the counter.
- Failure to complete taking a dose when you start feeling better.

**DRUG ABUSE**

- Drug abuse is the usage of a drug in a way that he or she depends on it and uses it in excessive amounts.
- Continuous abuse of drugs leads to addiction i.e. body cannot function without drugs.

**Commonly Abused Drugs**

This includes:

Legal drugs also known as soft/mild drugs
Illegal drugs also known as hard drugs or Narcotics
Legal drugs are the ones that the law allows.
Illegal drugs are the ones the law does NOT allow. They are prohibited drugs.

<table>
<thead>
<tr>
<th>Legal drugs</th>
<th>Illegal drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocaine</td>
<td>Miraa (Khat)</td>
</tr>
<tr>
<td>Mandrax</td>
<td>Tobacco</td>
</tr>
<tr>
<td>Bhang</td>
<td>Tea</td>
</tr>
<tr>
<td>Inhalants e.g petrol, cobblers glue</td>
<td>Coffee</td>
</tr>
<tr>
<td>Opium</td>
<td></td>
</tr>
</tbody>
</table>

NB: Both of them can be abused

**Effects of drug abuse**

1. **TOBACCO**

Tobacco contains harmful substances such as:

a) Nicotine: It is a stimulant that makes a smoker get addicted to smoking and can’t stop easily.
b) Tar: Is a dark brown sticky substance that stains teeth and causes
cancer of mouth, lips, throat and lungs.
c) Carbon monoxide: Is a poisonous substance that destroys the haemoglobin in red blood cells that transport oxygen.

NB: Tobacco can be: - sniffed
- chewed
- smoked

Active smokers – smoke intentionally

Passive smokers – smoke unintentionally (indirect)

Babies born to mothers who smoke during pregnancy suffer the following health problems:
- Underweight
- Poor physical growth
- Weak immune system
- Poor mental growth

2. ALCOHOL

Examples of common alcohols include:

a) Beer, wines and spirits which contain Ethanol.
b) Illicit brews like changaa which contain a poisonous substance called Methanol that causes blindness.

Alcoholic – It is when a person gets addicted to alcohol and drinks regularly.

Alcoholism: Is a disease where an addicted person cannot stop the drinking habit easily.

Excessive taking of alcohol causes a liver disease called Cirrhosis

Excessive taking of alcohol also kills brain cells

3. MIRAA (KHAT)

Taken by chewing
Stimulates the body and makes someone remain awake for long hours (cause sleeplessness).
Miraa users lose appetite for food and this leads to malnutrition or poor health.

4. COCAINE
Extracted from leaves of a coca plant.

Taken in the body by:
- smoking
- injections – in liquid from using syringes
- sniffing – powder form
- orally

5. **BHANG**

Obtained from dried leaves and flowers of a hemp plant.
Its scientific name is Canabis sativer
Other names include: dope, marijuana, hashish, e.t.c
Taken in the body by:
   a) smoking
   b) paste which is mixed with food or drink

6. **HEROINE**

- It is obtained from a substance called opium that is extracted from the poppy plant.
- Taken in the body by:
  - sniffing
  - injecting into the bloodstream using a syringe
  - smoking

Causes

- Difficulties in breathing
- Drowsiness
- Memory loss
- Vomiting

7. **MANDRAX**

Obtained from plants but can also be made in the laboratories.

Makes someone drowsy and seemingly drunk

8. **INHALANTS**

Examples of inhalants are:

- Petrol
- Glue (cobbler’s)
- Nail polish remover
- Paint thinner
• Hair sprays

Inhalants have fumes which intoxicate the user.
The user gets drunk and excited

Inhalants cause:
• Respiratory problems
• Dizziness
• Vomiting
• Brain damage

**EFFECTS OF DRUG ABUSE**

Effects of drug abuse can either be on their health, social life or economic life.

**Effects of drug abuse on health**
1. Leads to organ diseases like:
   - Liver cirrhosis due to overdrinking of alcohol
   - Damage to brain cells – overdrinking of alcohol
   - Lung, mouth, stomach, throat cancer especially cigarette smokers
   - Heart related diseases
2. Impaired judgement
3. Can lead to infection of HIV/AIDS especially for those who share syringes for injection.
4. Damage to the nervous system and some organs like kidney, liver, pancrease, heart.
5. Narcotic drugs lead to memory loss and breathing problems.
6. Drug abusers are malnourished because they have no appetite or time to eat food.
7. Leads to poor health of the unborn babies i.e. underweight, mentally retarded and physically retarded
8. Withdrawal effects when one chooses to stop in form of fits, confusion, violence, headaches, general weakness, irritability, depression, shivering, stress.
9. Most of drugs lead to drowsiness e.g Heroine
10. Some lead to unconsciousness and death.
11. Some lead to sleeplessness e.g miraa

**Effects of drug abuse on social life**
1. Lead to quarrels and fights for no reason.
2. Leads to crimes e.g stealing, rape and prostitution
3. Can lead to road accidents and kill many innocent people.
4. Leads to truancy – skipping of school regularly without permission
   A truant – is a pupil who stays away from school without permission
5. Domestic problems, family break-ups and divorce.
6. Loss of income due to failure to work
7. leads to idleness
8. Neglect of families and being irresponsible due to addiction
9. Talking excessively irritating other people.

**Economic life**

**NB:** Drugs are very expensive

Drug addicts spend a lot of money on drugs that could have been used to:

1. Buy food for the family (basic need)
2. Pay school fees and other bills
3. Invest in development projects that will generate more income.

Drug addicts/abusers do not work efficiently hence they are not economically productive.