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4. Prevention measures to avoid infectious diseases are:

- (i) Maintenance of personal and public hygiene is important.
- (ii) Personal hygiene includes keeping the body clean, consumption of clean drinking water, food, vegetables, fruits, etc.
- (iii) Public hygiene includes proper disposal of waste excreta, periodic cleaning and disinfection of water reservoirs, pools, cesspools and tanks.
- (iv) Eradication of vectors and destroying their breeding sites.
- (v) Mosquito nets, repellants should be used.
- (vi) Vaccination and immunisation programmes for diseases should be strictly followed.
- (vii) Use of antibiotics and other drugs can significantly keep away infectious diseases.

5. Immunity is the capacity of an organism to resist or defend itself from the development of a disease. It is of the following types, as shown below:

