BODIES, GERMS, AND VACCINES

Bodies, Germs, and Vaccines
Illustrated by Lynne Hardy

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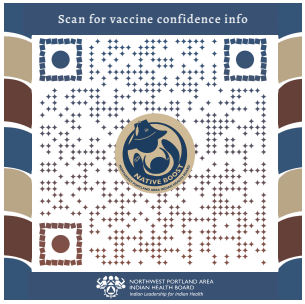


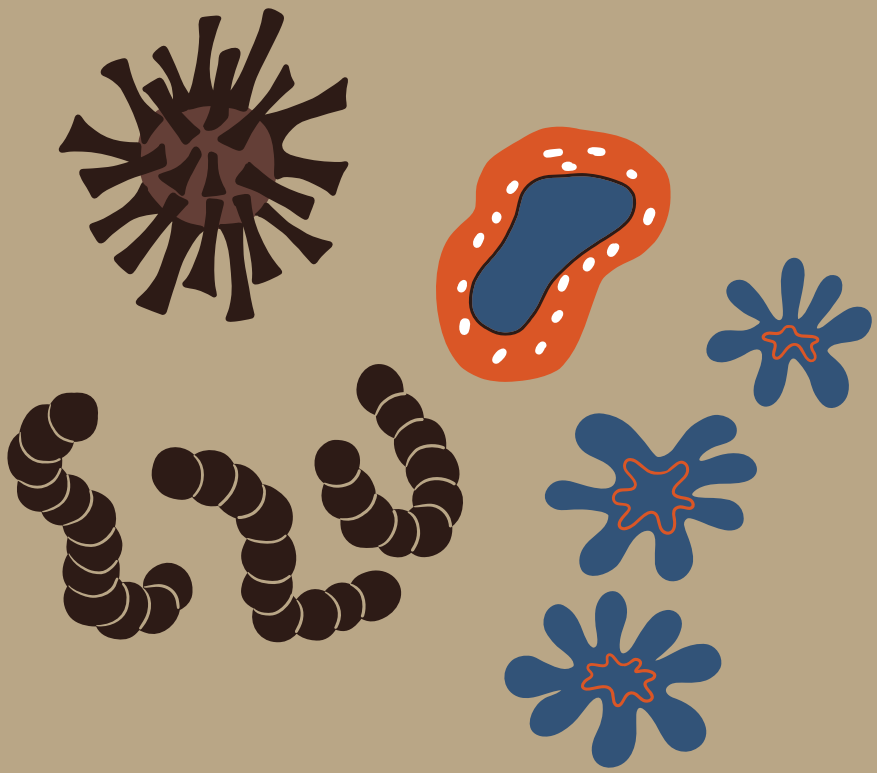
BODIES, GERMS, AND VACCINES

Written by Lakota Scott
Illustrated by Lynne Hardy

5 10 15
20 25 30
35 40 45
55 60
Achoo! Achoo! What do you do? Achoo!

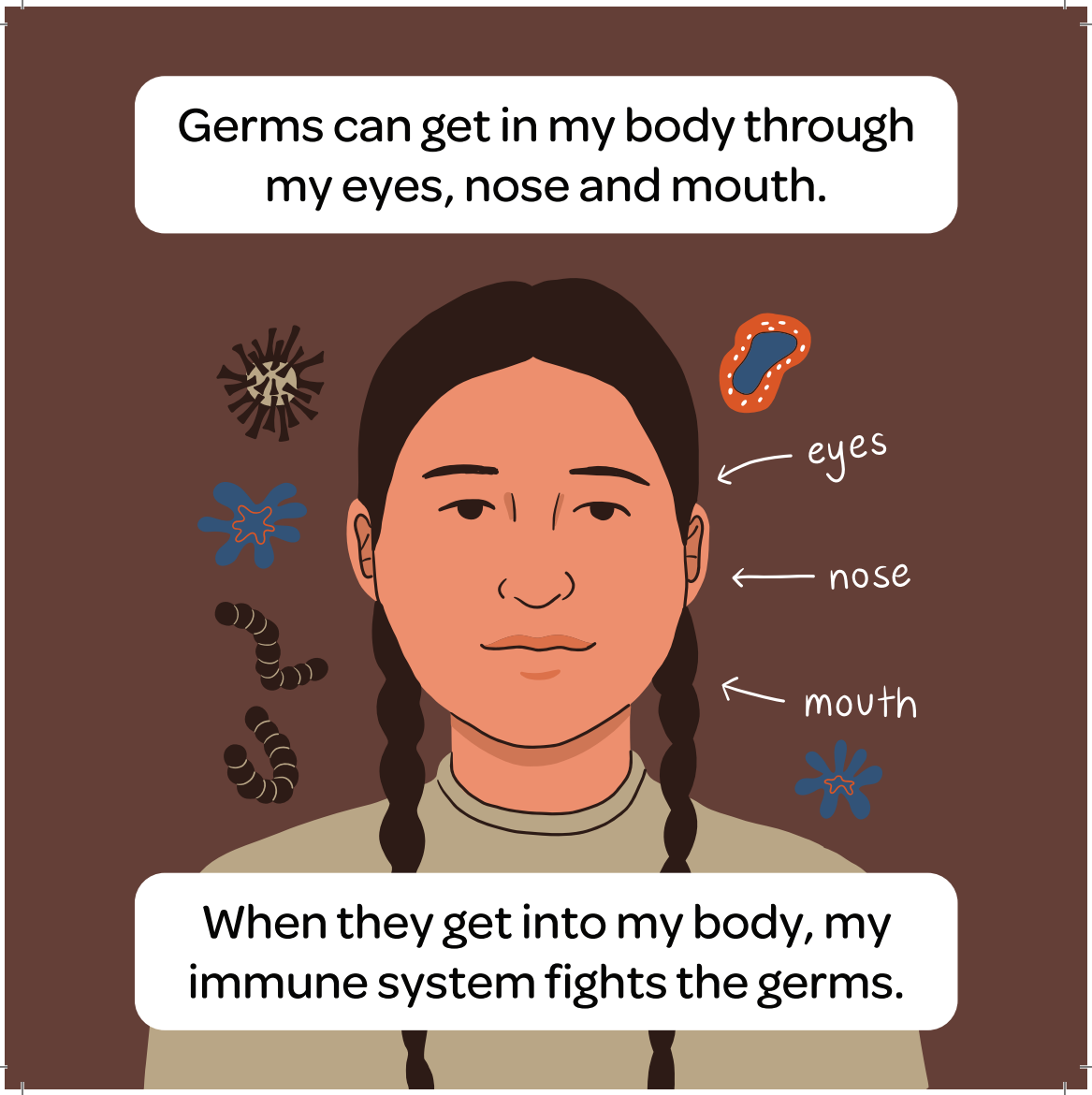
Sneeze into your sleeve to stop germs from spreading.

Germs can make you sick.



Did some dust fly up my nose, or did I catch a chill? Either way, my immune system will keep me from getting ill.

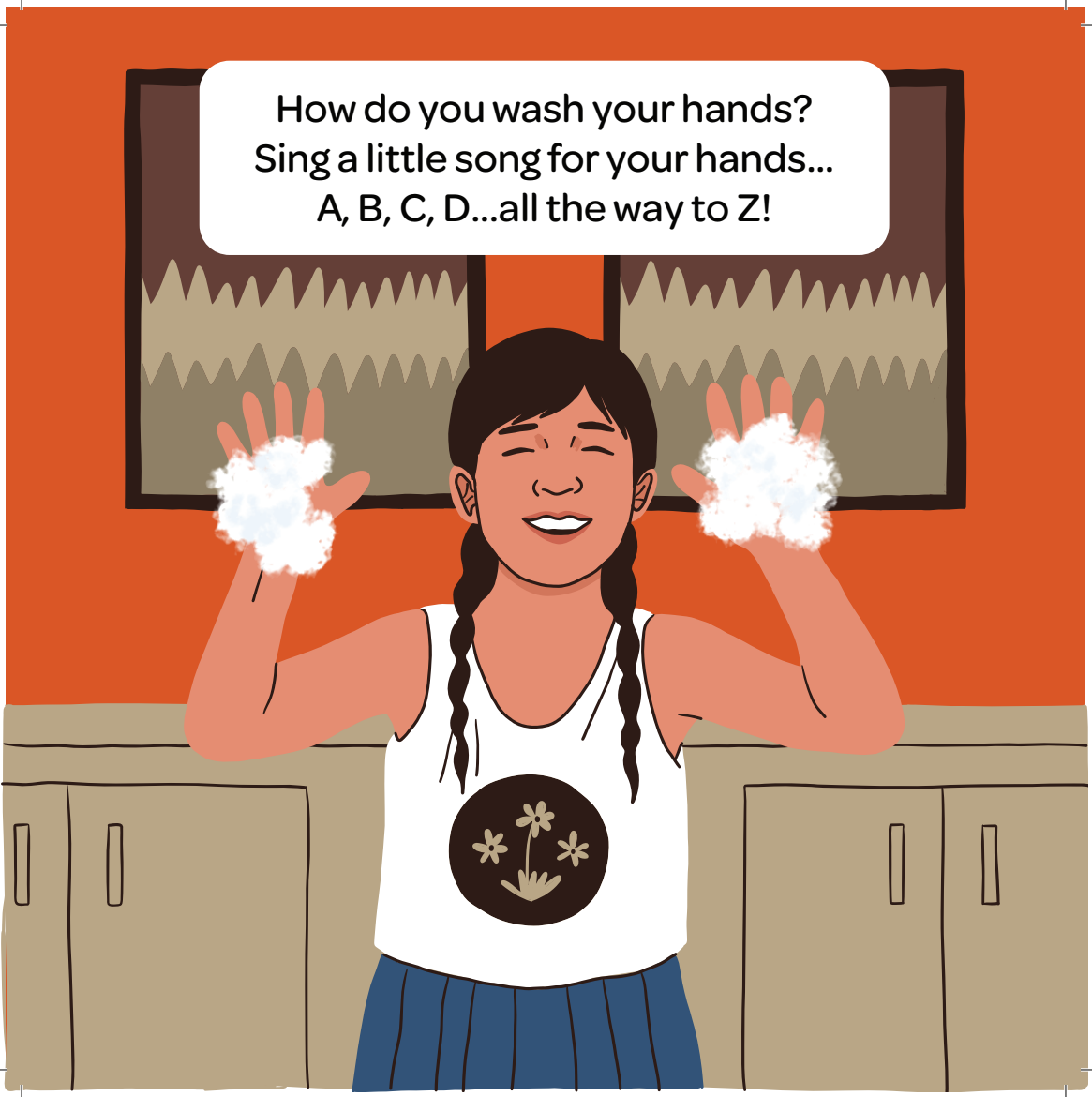
White blood cells fight germs in my body.They break down the germs to make warrior antibodies.


Germs can get in my body through my eyes, nose and mouth.
eyes
nose
mouth
When they get into my body, my immune system fights the germs.

There are ways to keep from getting sick.
I move my body, eat well, and stay fit.

Vaccines teach my body to make warrior antibodies.

I sneeze and cough to get germs out of my body. Then I wash my hands to wash away the germs.


How do you wash your hands?
Sing a little song for your hands...
A, B, C, D...all the way to Z!

WET

LATHER

SCRUB

RINSE

DRY

When do you wash your hands? When you sneeze or cough, go potty or anytime you need to.

Now that our bodies are protected, let's play!

GLOSSARY

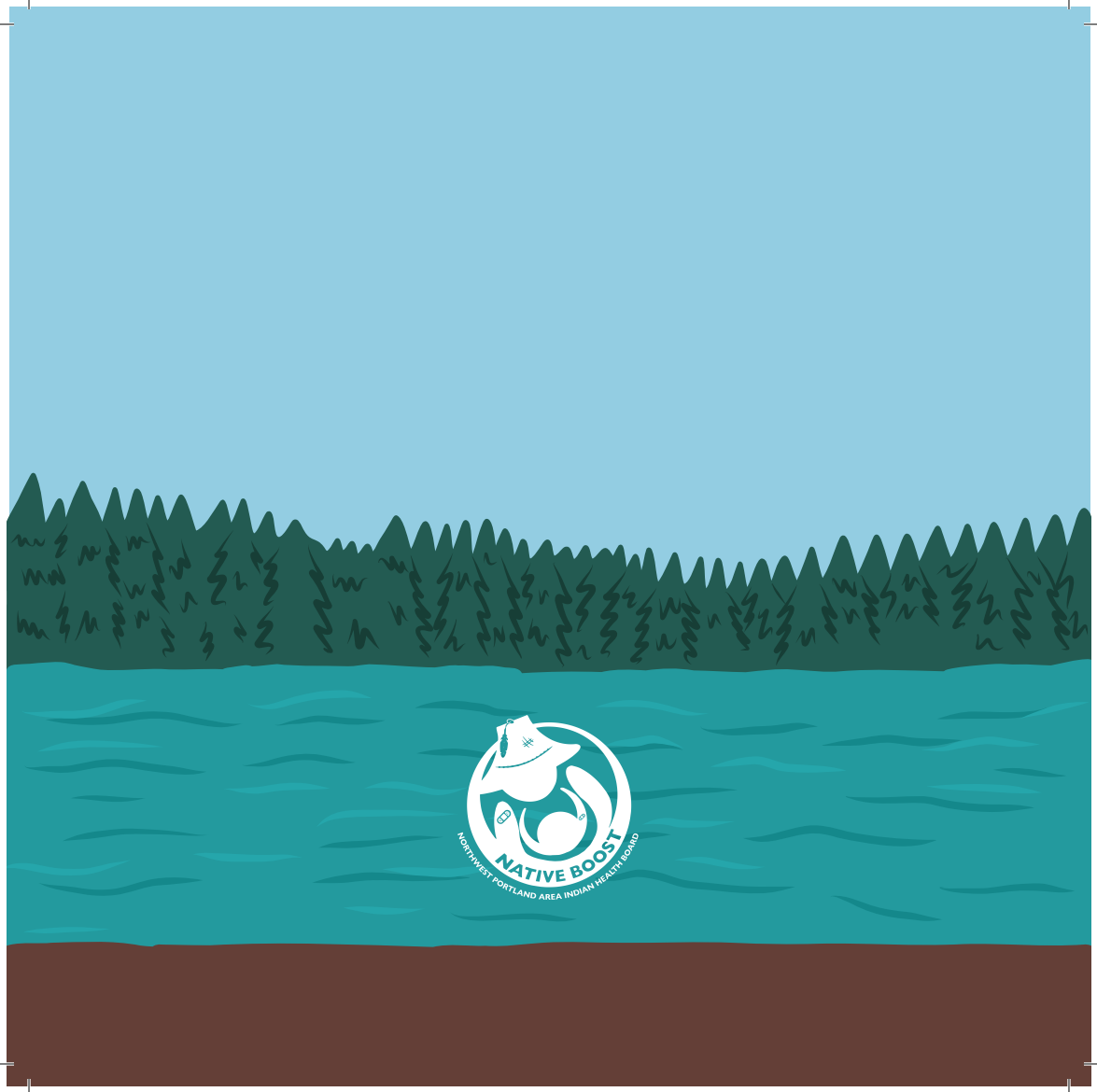
Antibodies - small bits in the body that fight against germs that cause disease

Cells - small, basic units that make up all living things

Germ - a tiny living thing that causes sickness

Immune system - protects us against harmful germs

Vaccine - an injection of medicine that protects against a particular disease by teaching my body how to fight it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