

Immune System Review and Assessment

METHODS OF ESCAPE

Germ come OUT of people through:

- Sneezes, coughs, runny noses
- Blood
- Vomit
- Saliva (spit)

We can **stop** germs from escaping by:

- Coughing/sneezing into our elbows
- Covering up cuts
- Never sharing food or drinks

METHODS OF TRANSMISSION

Germ travel on:

- Water bottles
- Door handles
- Toys
- Any place lots of people touch (like public bathrooms)

We can **stop** germs from moving by:

- Washing our hands a lot
- Keeping our property and spaces clean

METHODS OF ENTRY

Germ come IN to people through:

- Mouths
- Noses
- Eyes
- Cuts

We can **stop** germs from entering our bodies by:

- Washing our hands a lot
- Keeping our hands away from our mouths, noses, and eyes
- Not putting random objects in our mouth
- Using bandaids to cover cuts

SUSCEPTIBLE HOSTS

These are people AT RISK of getting sick because they:

- Do not wash hands
- Do not eat healthy foods
- Do not exercise
- Do not get enough sleep

They can lower their risk of sickness by:

- You guessed it: washing hands!
- Eating lots of fruits and veggies
- Getting exercise every day
- Sleeping 10-12 hours a night

PERSONAL HYGIENE

Germ LOVE to multiply in dark, damp spaces and they hang out on our bodies in places like:

Mouths Noses Hair Underarms Private parts Feet

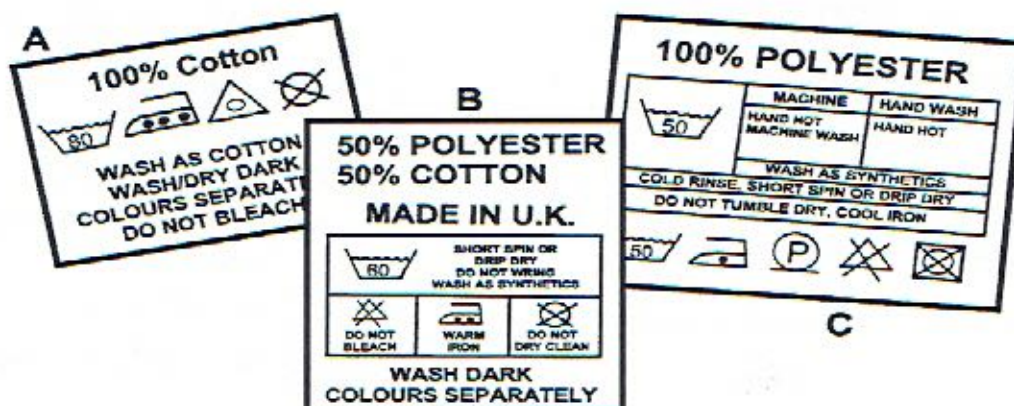
We can stop germs from spreading by keeping ourselves clean. We can:

- Shower! A lot! With hot water! And soap! Wash all over the body! Shampoo hair, too!
- Brush teeth twice a day
- Wear clean socks and underwear every day. Seriously: Every. Single. Day. Forever.
- Wash hands properly before eating and after using the bathroom
- Use deodorant
- Wipe well in the bathroom

• To much homework is bad. • Chores make grumpy bodies.

To wrap up our Immune System unit, we're going to do a small project to help you show what you learned. Your job is to create a "care label" (like the examples below) that shows how you can care for your immune system. Here's what you need to do:

1. Look at the review side of this sheet. Choose 2 items from each of the 5 boxes, so your label will have a total of 10 directions. For example, your label might say "Brush teeth twice daily" and "Do not re-wear underwear." If you can think of other parts of immune health that we talked about, you can add those, too.
2. Once you have chosen the directions for your immune system, sketch out a rough draft. You need to write "100% HEALTHY KID" at the top of your label. It would be great to include simple drawings. Also, as long as you meet the requirements and stay appropriate, it's okay to include a few funny things like, "Do Not Iron."
3. When you have completed your rough draft PLEASE SHOW IT TO ME before you move on. Once I approve your draft, you can do a final copy on construction paper. It's fine to do a folding tag like in clothes or a long tag like the ones that come on pillows.



Rough Draft Ideas:

- 100% Healthy Kid
- Never share food or drinks.
- Chores make grumpy kids.
- Wash hands a lot.
- Use band-aids to cover up cuts.
- To much homework is bad.
- Wear clean socks and underwear everyday.
- Eat lots of fruits and vegetables.