

**Can-U-Read**

**Why am I sick?**

Salma is sick.

She hasn't got a fever, but she is throwing up.

Nothing feels good.

She sits in bed, sips soda, and tries to rest.

She will get better, but what made her sick?

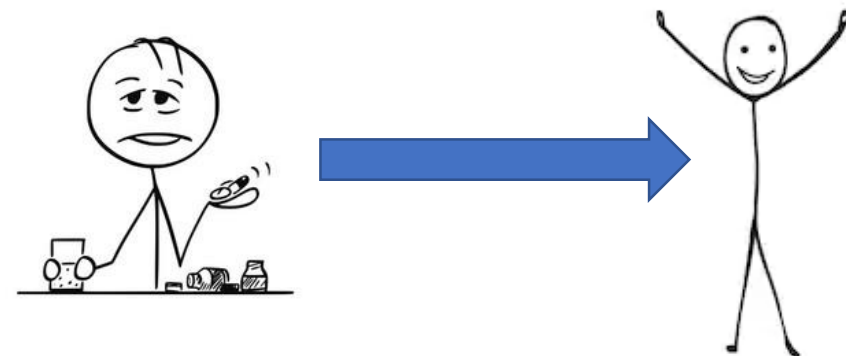


Doctor Hempton says the way you get sick is called a vector.

A vector takes the sickness from one person to another.

Your body has many tools to keep you safe.

Let's look at how the sickness gets around them.



First let's meet the bad guys.

These are bacteria and viruses.

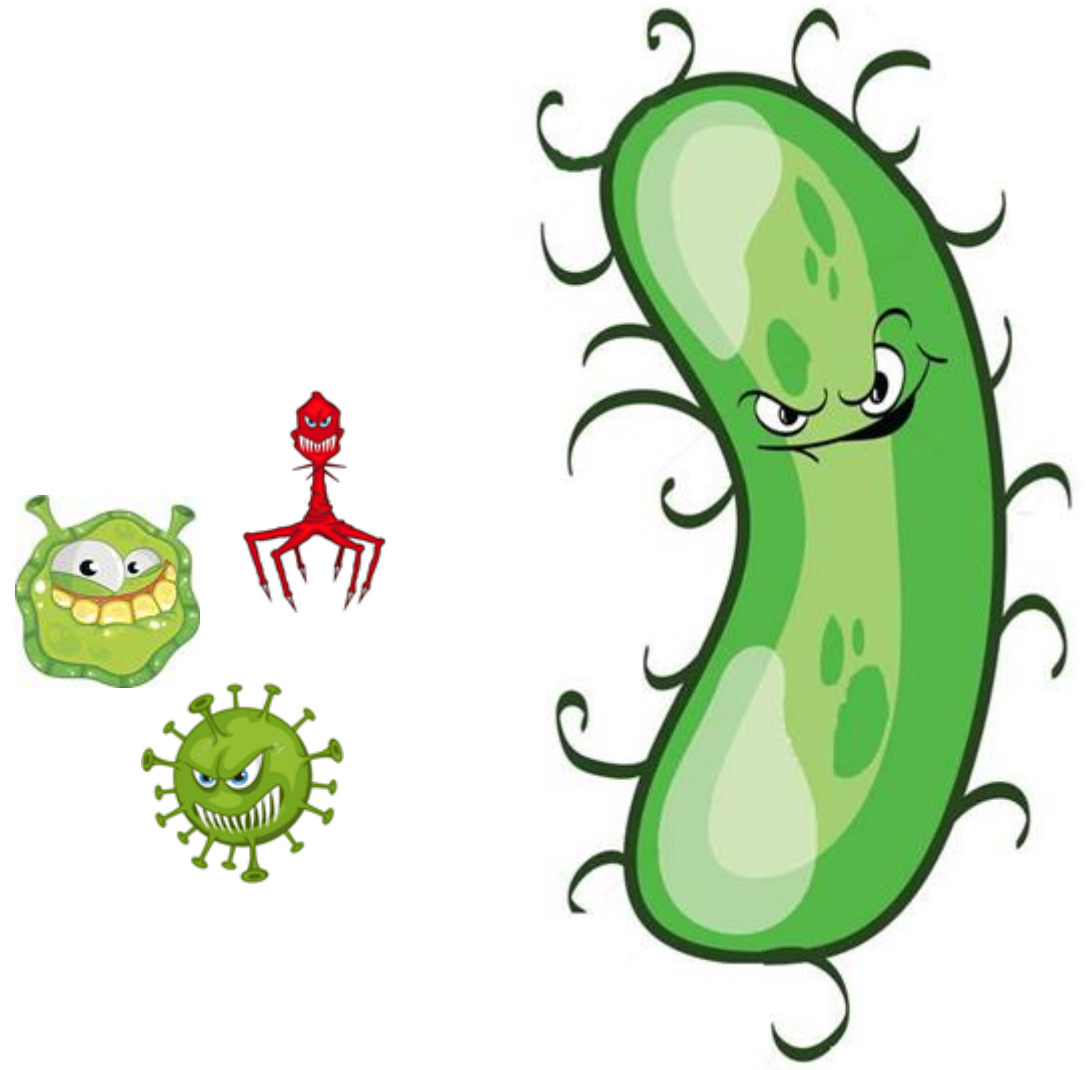
Bacteria are cells, just like you have.

Bacteria create poisons which pollute your body and kill your cells.

Viruses are not cells.

They aren't really alive.

Viruses invade your cells to create many copies of themselves.

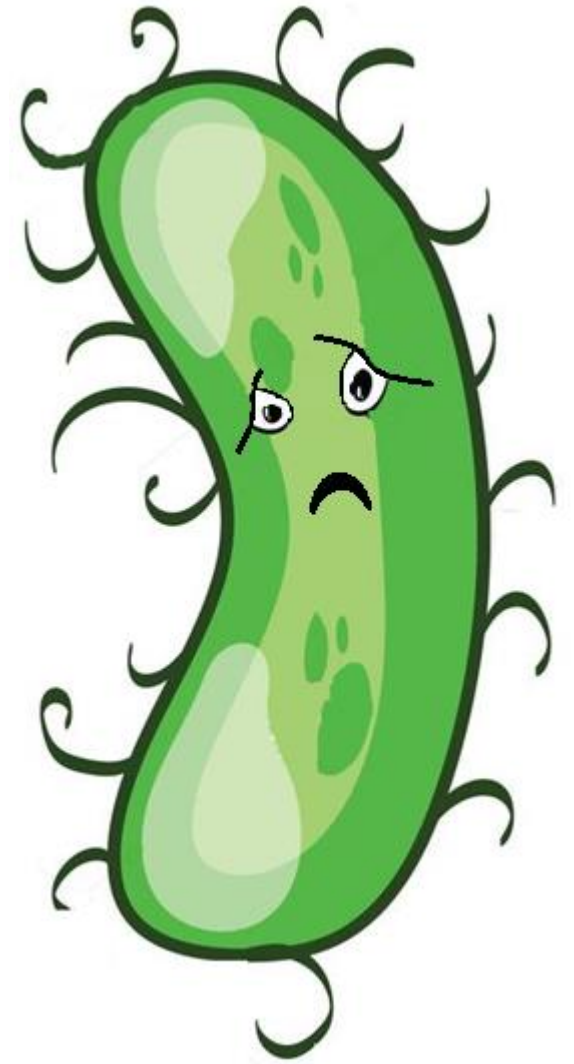


Bacteria and viruses are not invincible.

There are scared of lots of things.

- Bright sunlight.
- Soap.
- Bleach.

You don't have to be afraid of them, just be careful.



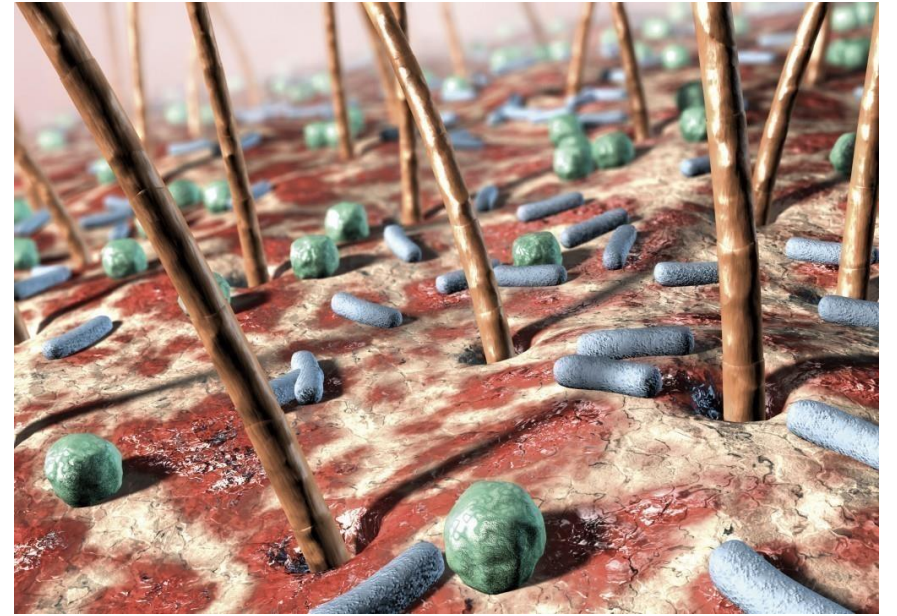


Your first line of defense is your skin.

Bacteria land on your skin all the time, but they can't get in.

Your skin is a strong shield against these invaders.

That doesn't mean the bacteria and viruses don't keep trying.



Even a small cut in your skin can let these invaders in.

Watch for the four signs of infection:

- Swelling
- Redness
- Pain
- Smell



But I don't have any cuts.

How did I get sick?

There are other ways into your body.

Your eyes, nose, and mouth are all ways for invaders to get in.

Let me ask you some questions.





Have you been shaking hands?

Hands get to touch everything.

Touching puts bacteria and viruses all over your hands.

Then you eat something and those germs get into your body.

Don't forget to wash!

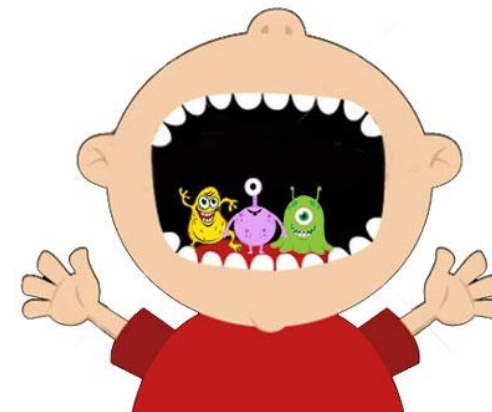


Have you been kissing anyone?

Maybe you saw some friends or family you love.

Mouths can get lots of germs, too.

People don't mean to share germs, but it is so easy to get the wrong germs on your friends.



Have you been around someone who was sneezing or coughing?

Sneezes and coughs are full of viruses.

If just one virus gets into your nose or mouth.

Remember to cover your mouth!



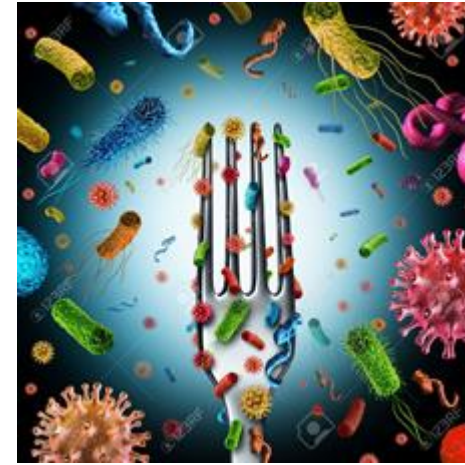


Have you been eating food? Everyone does.

Food can be full of germs.

Even one germ can grow into millions.

Remember to put food in the fridge and cook it right.





Thankfully, our food is inspected by lots of people.

Restaurants have to be very clean.

Food in the store has to stay clean.

Animal meat has to be safely harvested.

But that won't fix anything if we don't watch how we cook and eat it.



Oh. Well... I was a party.

I was hugging my friends and sharing  
a bunch of finger food.

I didn't wash my hands...and neither  
did they.

Could that be what happened?

Um...probably.



So...can you make me better?

There's not much we can do at this point.

Your body will fight it off, but it might take a couple of days.

Drink lots of fluids and try to eat easy foods.

Rest up! That's all you can do.

