

# Staying Healthy

## Keep your immune system healthy

- In order to stay healthy, you must keep your immune system strong. Eat a balanced diet of nutritious foods, including fruits and vegetables, and drink lots of water. Get fresh air, exercise, and enough sleep each night.

## Keeping clean

- The most important microbe-fighting action is staying clean with soap and water. Eighty percent of diseases are transmitted through touch because many people do not wash their hands. If everyone washed his or her hands, we could cut down the spread of disease.



- Wash your hands after you go to the bathroom, after touching animals, and before and after you make and eat food. Wash with soap for at least fifteen seconds, or as long as it takes to hum the song "Happy Birthday" twice. Rub soap lather all over your hands, even under your fingernails. Then rinse your hands and dry them on a clean towel.

## See a doctor regularly

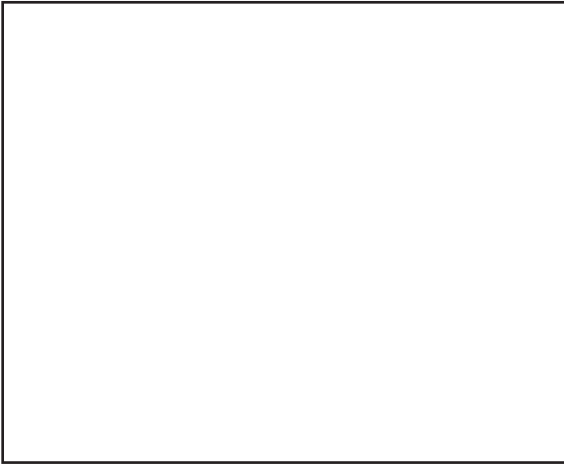
- A healthy person should see a doctor once a year. Getting a regular check-up can prevent problems before they begin. Make sure that you get all of your shots.



Name \_\_\_\_\_

**INSTRUCTIONS:** Draw your understanding of the influenza virus in each of the boxes, including: the respiratory tract, how viruses invade cells, and how antibodies attack viruses. Then write an explanation of each drawing on the lines below each box, using the vocabulary words *virus*, *respiratory tract*, and *antibodies* where appropriate.

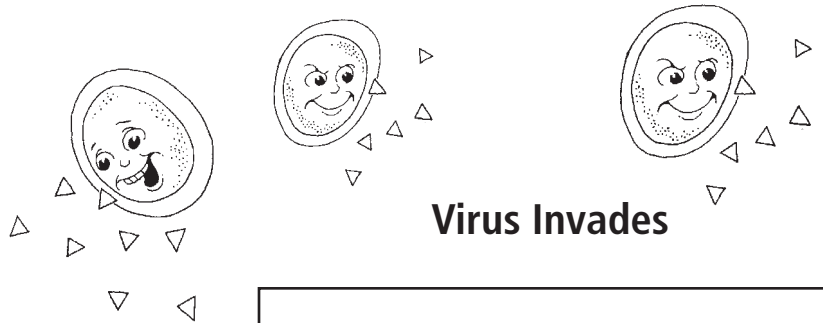
### Respiratory Tract



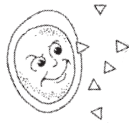
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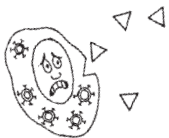
Virus Invades



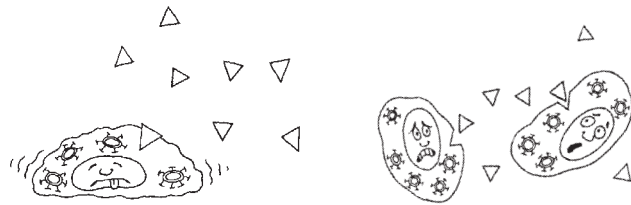
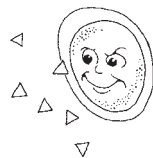
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Antibodies



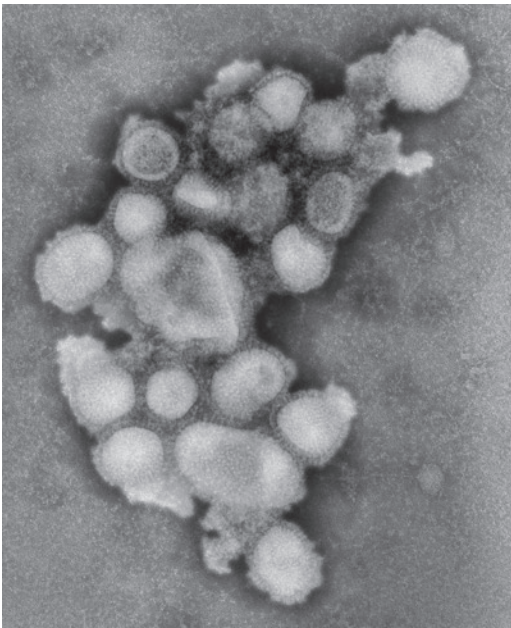
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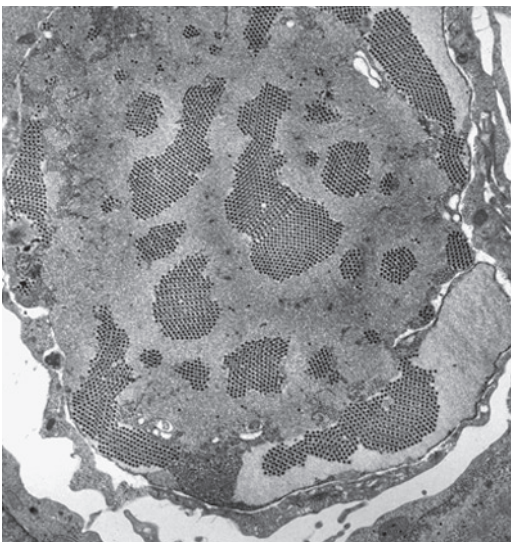
# Viruses

Viruses (VY-russ-es) are even smaller than bacteria. They are so small that they cannot be seen with a normal microscope. A virus, like swine influenza A, is a tiny bit of living material that lives inside the cells of plants, animals, and bacteria. They cannot live outside another living creature, but once inside a living thing they can spread from cell to cell.



Courtesy of C. S. Goldsmith and A. Balish/CDC

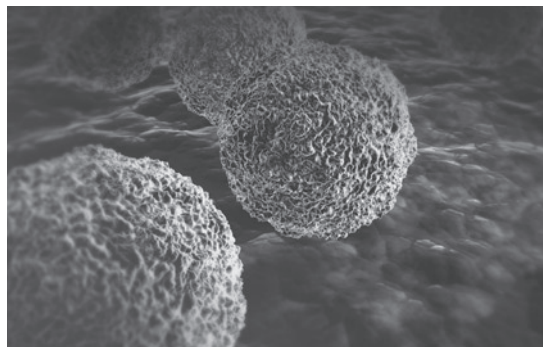
Swine influenza A virus



© SMC Images/ The Image Bank/Getty Images

Adenovirus, a common cold virus

<b>Do You Have a Common Cold or the Flu?</b>		
<b>Symptoms</b>	<b>Common Cold</b>	<b>Flu</b>
Headaches	No	Yes
Fever	None or Mild	High Fever, 102–104°F for days
Muscle Aches & Tiredness	Sometimes	Yes
Sore Throat	Yes	Sometimes
Runny Nose	Yes	Sometimes
Sneezing	Yes	Sometimes
Coughing	Yes	Yes
Chills	No	Yes



© 3D4Medical.com/Getty Images

Another common cold virus

# Viruses

Viruses are everywhere. During flu season, which in the United States usually lasts from October through May, viruses are particularly widespread. Viruses invade the cells of human beings and begin to rapidly make copies of themselves. Influenza is spread through the passing of viruses from one person to another. This is why it is always important to wash your hands or cover your mouth when you cough.

## How a virus spreads in the body

