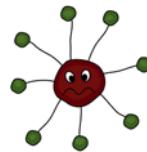




Immunity



Your immune system is what protects you when germs try to invade and attack your body which can cause you to become sick. Your body has microscopic warriors that fight invasive germs and help your body get rid of them. Your body is usually pretty good at defending you against germs. Your body systems are your first line of defense against germs. For instance, the skin tries to stop germs from entering the body, the lungs, saliva and the digestive system all try to trap germs to destroy them or to help them exit your body. Your blood also tries to destroy harmful germs. Think about when you sneeze, your body is trying to get rid of something that got in your nose! If this first line of defense doesn't work, there is also a second line of defense that helps fight harmful germs in order to keep you healthy. Your second line of defense is when your body makes antibodies that help to kill or destroy harmful disease or illness causing germs. These antibodies that your body creates are actually proteins that go on the attack when your body gets harmful germs that are not supposed to be a part of your body. Think about when you get a cold or a flu. Your body works hard making antibodies that will destroy the cold or flu germs, when they're successful, you begin to feel better. Vaccinations act in a similar way as they contain antibodies as well. The antibodies in vaccinations help prevent disease and illness like measles, chicken pox and specific types of flus. It is also important to live a healthy life style by eating nutritiously and getting exercise daily to boost your immunity.

QUESTIONS:

- ① Define immunity using your own words.

- ② Describe how your body fights against germs.

- ③ What would happen if you had no immunity?

- ④ How do vaccines assist with immunity?