



Germs

Sometimes we can hurt ourselves or become ill. Germs are often the cause of illness.



Putting a plaster on, and using antiseptic cream as soon as possible, keeps out germs.

Germs are tiny living things that are in the air, in the water, and sometimes on things we touch. Germs are too small for us to see. Some of them can make us ill.

Our bodies normally fight germs, but if we cut ourselves, germs can get into our bodies more easily. We wash the cut and put a plaster on to keep germs out until the cut has healed.

Some germs spread when people cough and sneeze. We then breathe the germs in.





If germs attack our bodies,
the body fights back.

The body can do this more
easily if it is hot. This is
why we feel hot when we
are ill, and sometimes we
begin to sweat.

A thermometer helps
tell how hot we are.



Washing hands is a good way
of keeping germs away.

How do you feel when you are ill? Hot? Tired? In pain? Sick?