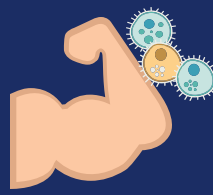


# Help Your IMMUNE SYSTEM Help You!

Your immune system is always working to keep you well and to help you get better when you do get sick. Help your immune system do its job with these tips!

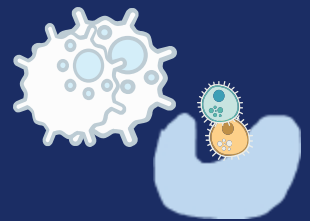
## What does my immune system do?

- First, your skin and the lining of your nose and mouth help keep germs from getting inside your body where they can make you sick.
- When germs do get inside your body, special cells called white blood cells help find the germs and fight them off.
- Fever helps to weaken germs so your white blood cells can tackle them.



### SKIN and LINING of nose and mouth

Help keep germs OUT of your body



### WHITE BLOOD CELLS

Find germs, recognize them and fight them INSIDE your body

## How Can I Help?

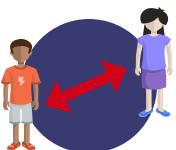
### Stop the SPREAD of germs



Wash your hands with soap and water for 20 seconds.



Keep hands off of your nose and mouth. That's where the germs go in!



Keep distance between yourself and others.



Wear a mask that covers your nose and mouth.

### Make your immune system STRONGER



Drink lots of water, herbal tea and other non-sugary drinks (7 cups for 4-8 year olds).



Eat lots of fresh fruit and veggies like blueberries, oranges and grapefruit, broccoli and spinach.



Movement helps your immune cells move around your body and do their work.



Your immune system works hard and does special jobs while you sleep. Regular sleep is best. Try to go to bed and get up at the same time every day.