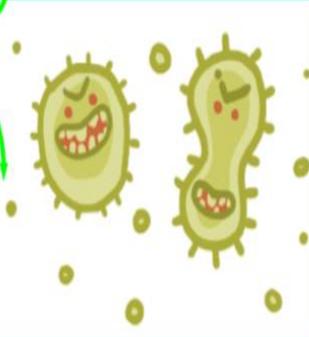


Our bodies are pretty amazing!
Day after day, they work hard —
digesting food, pumping blood and
oxygen, sending signals from our
brains and much more.

But there is a group of tiny
invaders that can make our bodies
sick — they're called germs.



What is a Germ?

Germs are tiny organisms, or living things, that can
cause disease.

Germs are so small and sneaky that they creep into our
bodies without being noticed.

In fact, germs are so tiny that you need to use a
microscope to see them. When they get in our bodies, we
don't know what hit us until we have symptoms that say
we've been attacked!



How do we know our body has been
attacked by Germs?

What do those sneaky Germs do?



Once germs invade our
bodies, they snuggle in for a
long stay. They gobble up
nutrients and energy, and can
produce toxins, that act like
poisons.

This can give you symptoms
of common infections, like
when you keep feeling hot
and cold, sniffles, coughing,
being sick and having to keep
going to the toilet!

Most germs are spread through the air in
sneezes, coughs, or even breaths.
Germs can also spread in sweat, spit, and
blood. Some pass from person to person by
touching, like shaking hands with someone
who has a cold and then touching your own
nose.

