



Read the text.

Say **NO** to Germs

Your body is amazing. All its different parts – bones, muscles, skin, blood, brain, heart, stomach, lungs – work together to keep you alive. But diseases stop your body from working in the right way. When you've got a disease, your body has got a more difficult job.

You get diseases for lots of different reasons but one important reason is germs. Germs are very small living things. They go into your body through your mouth, nose, eyes or skin, and then they start to attack you. Some give you a cold, a cough or a fever. Others can kill you.

Everyone wants to stay healthy. But what should you do to protect yourself and others from germs?

1 Wash your hands

You should always wash your hands with soap after you go to the bathroom. When you don't do this, there are germs on your hands. When you touch your mouth, or your desk, or your friend's hand, you leave germs on them. That's how lots of diseases spread from one person to another.



2 Cover your mouth

When you cough or sneeze, germs from your body go into the air. You should always put something in front of your nose and mouth to catch the germs: your arm or hand, a handkerchief or a face mask. When you don't do this, the germs go a long way. Then other people breathe them into their lungs.



3 Only drink clean water

You shouldn't drink water from rivers or lakes, because it's got lots of germs in it. Dirty water spreads lots of diseases.



4 Only eat safe food

Germs grow on meat and other food when it isn't in the fridge. You have to look after food carefully, or it can give you diseases.

5 Have vaccinations

Vaccinations sometimes hurt but they protect you from diseases when germs try to attack your body. Doctors think that vaccinations save the lives of two or three million people every year.

I. Write T (true) or F (false)

- When people die, they are alive.
- Diseases make you sick.
- A reason is the answer to the question "Why?"
- If something kills someone, it saves their life.
- To spread a disease to someone means to make someone get that disease.

II. Fill in the blanks with NO MORE THAN 3 WORDS.

- One important reason for diseases is
- Germs get into your body and start to you.
- You should wash your hand with after you go to the bathroom.
- When you cough or sneeze, germs from your body can go
- spreads lots of diseases.
- protect you from diseases although sometimes they hurt.