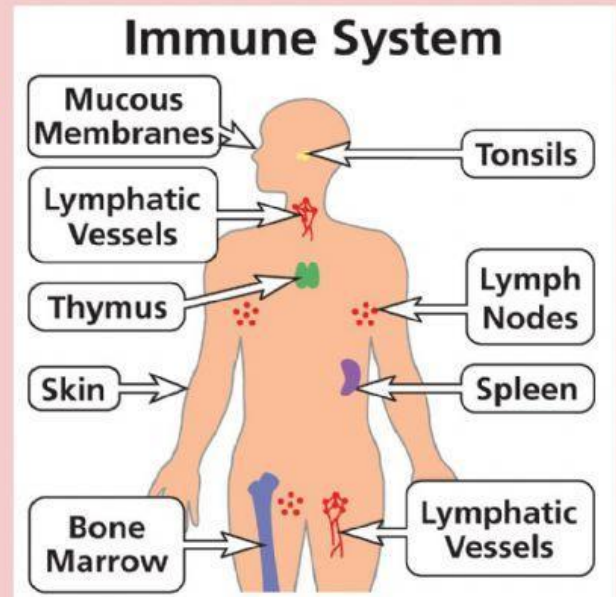


The Immune System

Organs, tissues and cells make up the **immune system**. Some **bacteria** and **viruses** which enter the body give off poisons.

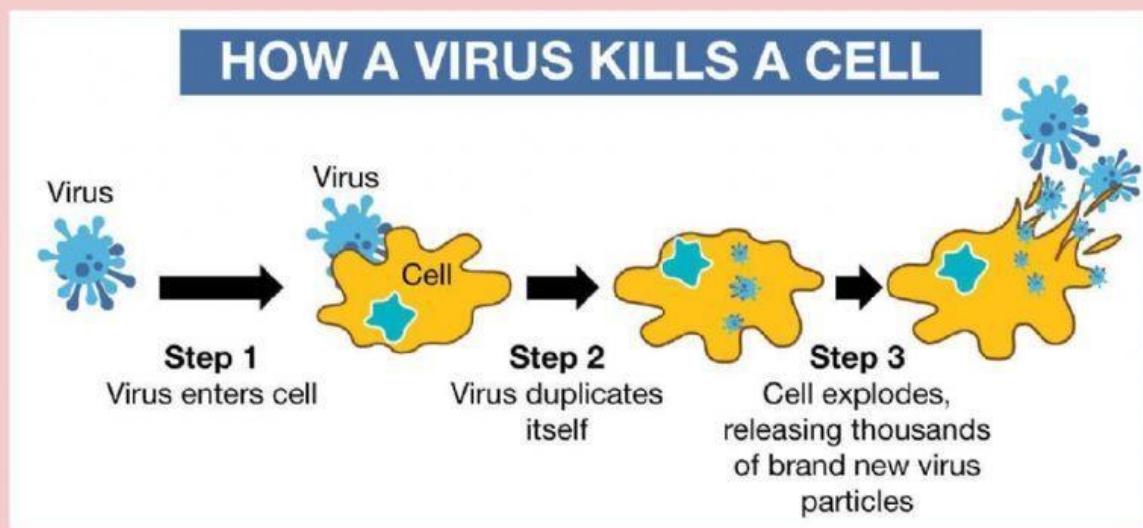
Some **bacteria** release poisons that injure and kill the cells in our bodies. **Viruses** reproduce (makes more of itself) inside cells and destroy the cell.

Not all illnesses are caused by infections. Some people are born with illnesses such as certain forms of heart disease.



White blood cells are the main defenders of the body. When the body is infected (overrun by bacteria and viruses), the number of white blood cells increase. Some white blood cells **trap** bacteria causing poison from the bacteria to **kill** some of the white blood cells.

The dead blood cells form a yellow material called "**pus**". Some white blood cells make chemicals called "**antibodies**". These antibodies destroy poisons made by bacteria.



Two diseases that destroy the Immune system are **AIDS** and **HIV**.



In order to fight bacteria and viruses that attack our system and produce diseases, we use a drug chemical called **medicines**.



Nicotine and **alcohol** are two drugs that are abused all over the world. Alcohol decreases brain cell activity.



Nicotine, which is found in tobacco, is harmful because it increases the rate of your heartbeat, and it affects the respiratory system. Cigarettes, cigars and snuff are made from tobacco.



Cocaine and **marijuana** are illegal drugs. They are used frequently by young people.

- They affect the immune and nervous systems.
- They destroy brain cells and reduce the body's ability to fight off diseases.

Abuse of these drugs can weaken the body's defense systems so severely that an attack from an illness or disease may lead to death.

Tips for A Strong Immune System



Manage your stress levels

Eat fruits, veggies, and lean protein



Wash hands regularly

Stay up-to-date on vaccines



Prioritize sleep

Quit smoking

