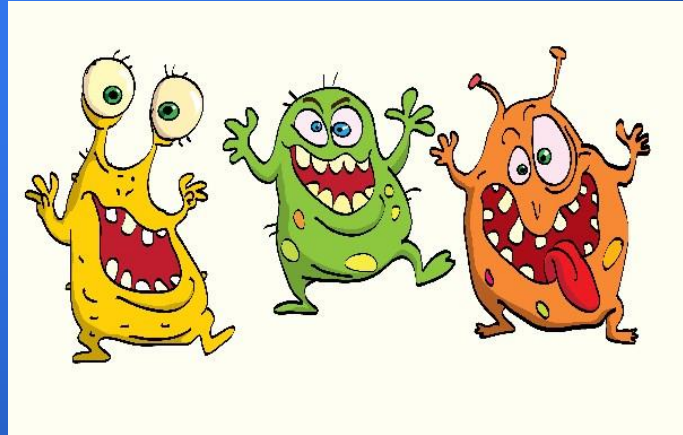


IMMUNE SYSTEM FACTS

BY: MACKENZIE BRANTLEY AND ALYSSA THURMON

IMMUNE SYSTEM

THE IMMUNE SYSTEM DEFENDS PEOPLE AGAINST GERMS EVERY DAY. IT KEEPS PEOPLE HEALTHY AND PREVENTING INFECTIONS





Cell-fie

FACT 1

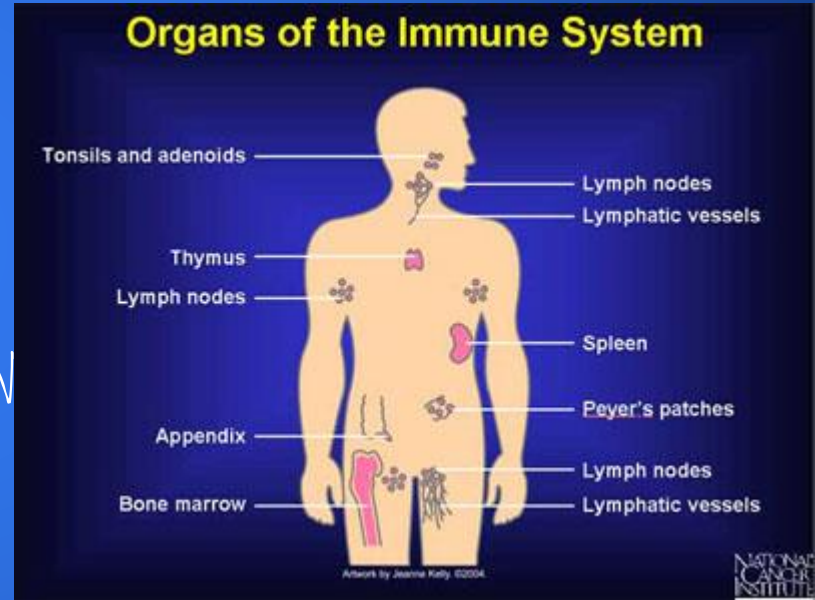
MADE UP OF SPECIAL CELL,

PROTEINS, TISSUES, AND ORGANS

FACT 2

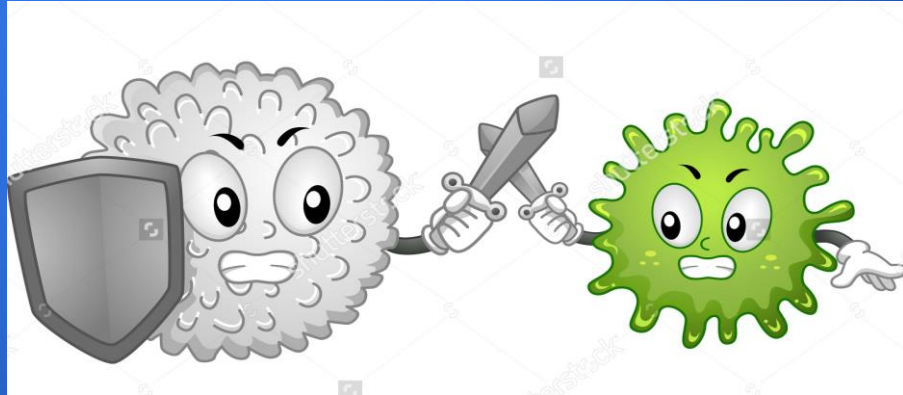
BODY ORGANS

- SPLEEN-AN ORGAN IN YOUR BELLY THAT FILTERS BLOOD
- LYMPHATIC-HOME TO GERM-FIGHT INFECTION
- LYMPH NODES-WORK LIKE FILTERS TO REMOVE GERMS



FACT 3

WHITE BLOOD CELLS-KNOWN AS THE SYSTEMS SOLDIERS AND
ACCOUNT FOR ONLY 1% OF THE CELLS IN THE 5 LITER OF BLOOD
IN AN ADULT'S BODY



FACT 4

EVERYONE GETS SICK SOMETIMES, EVEN IF YOU HAVE A STRONG IMMUNE SYSTEM. BUT YOUR IMMUNE SYSTEM HELPS YOU GET BETTER AGAIN.



FACT 5

ALLERGIES ARE ONE KIND OF PROBLEM A PERSON HAS WITH HIS/HER IMMUNE SYSTEM

↻ SYSTEMS OVERREACT AND TREATS SOMETHING HARMLESS AS SOMETHING REALLY HARMFUL TO THE BODY



FACT 6

YOU CAN HELP YOUR IMMUNE SYSTEM BY: WASHING YOUR
HANDS/EATING NUTRITIOUS FOODS/GETTING PLENTY OF EXERCISE AND
SLEEP/GETTING REGULAR MEDICAL CHECKUPS



FACT 7

FOODS TO HELP BOOST YOUR IMMUNE SYSTEM

CITRUS FRUITS, RED BELL PEPPERS, BROCCOLI, GARLIC, GINGER,

SPINACH, YOGURT, ALMONDS, GREEN TEA, KIWI, POULTRY, SUNFLOWER SEED, SHELLFISH



FACT 8

EXPOSURE TO SUNLIGHT CAN OVERPOWER THE IMMUNE SYSTEM RESPONSE TO BACTERIAL, VIRAL, AND FUNGAL INFECTIONS, HOWEVER, SUNLIGHT CAUSES THE BODY TO PRODUCE VITAMIN D



FACT 9

HAVING A FEVER AND INFLAMMATION CAN BE UNPLEASANT BUT THEY'RE SIGNS THAT YOUR BODY IS DOING ITS JOBS.

