



Words you will learn:



allergy

When your body reacts badly to something that is usually harmless.



disease

Something wrong with the body that stops it from working as it should and that can make you feel unwell.



immunity

When the body is able to protect itself from a particular disease.



infection

An illness caused by harmful germs entering the body.



pressure

Firm force.



symptom

A change in the body or mind that might be a sign of illness.



vaccine

A medicine that helps the body protect itself from disease.

Words you may know:

first aid

Help given straight away to someone who is hurt or unwell.

germs

Tiny living things, some of which can make people unwell.

Too much sun can cause **sunburn**, eye or skin damage, heatstroke and skin cancer. Protect yourself from the sun:



Drink water to stay **hydrated**. Without enough water, the body becomes **dehydrated**.

Good **hygiene** helps prevent the spread of germs and protects against illness.





Tell a trusted adult if you have **symptoms** that:

- Do not respond to self care.
- Get worse.
- Make you feel worried.



Get urgent help from an adult if someone:

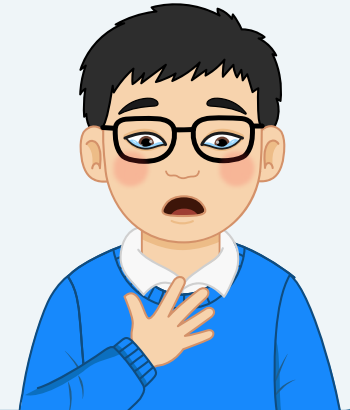
- Is confused or very sleepy.
- Will not wake up.
- Is bleeding a lot.



Asthma can make breathing difficult.

Choking is struggling to breathe because something is blocking the airway.

It is serious if someone is struggling to breathe. Get an adult straight away.



When telling an adult about illness or injury, explain: where, when, who, how bad, which part of body.

An **emergency** is when help is needed urgently. In a **medical emergency**:

- Tell an adult straight away.
- If an adult asks you to, or if no adult is available, dial 999.
- Ask the **operator** for an ambulance.
- Answer the call handler's questions calmly and clearly.
- Stay with the person unless there is a **hazard**.

