

Watch, Learn, Know: Infection

What is an infection?

Infections are caused by germs. And meanie little germs are all around us.

You can't see germs but they're everywhere –in the air and on things you touch.

An infection happens when the meanie germs get inside your body, through an opening like a cut, but even through your eyes, nose, mouth.

Good news! You have a super forcefield to protect you against germs called your immune system.

Your immune system has super-hero cells that are fighting these meanie germs all the time!

But when you have an infection, that fight can get nasty. And that's why you might feel bad.

Sometimes, you may take medicines to help your body fight.

And rest is good "medicine" too! Rest helps give your body the energy to win (and heal).

So take time to rest and let your body's super-heroes fight the good fight against infection.