



LESSON 6 THE IMMUNE SYSTEM

To be immune means to be protected. The body's system that helps fight off sickness is called the immune system. The immune system is made up of a network of: cells, tissues and organs.

> **THE CELLS:** White blood cells are part of this defence system. There are two basic types of these germ-fighting cells: phagocytes which chew up invading germs. lymphocytes which allow the body to remember and recognize previous invaders.

> **SPLEEN:** The white blood cells, are found in lots of places, including the spleen, an organ in the stomach that filters blood and helps fight infections.

> **BONE MARROW:** The white blood cells can be found in bone marrow, which is a thick, spongy jelly inside bones.

> **LYMPATHIC SYSTEM:** The lymphatic system is home to white blood cells, too. For example, swollen "glands" from a sore throat are lymph nodes, and they contain clusters of immune system cells. Normally, lymph nodes are small and round and not noticeable unless when they're swollen, which is a signal that the immune system is at work.

> **LYMPH NODES** work like filters to remove germs. Lymph nodes, and the tiny channels contain lymph, a clear fluid with white blood cells in it. They can be found beside the neck, behind the knees, in armpits, and in the groin.

WAYS AN IMMUNE SYSTEM CAN BE MADE WEAKER:

- Illness
- Smoking
- Unhealthy eating
- Lack of sleep
- Alcohol, drugs

WAYS AN IMMUNE SYSTEM CAN BE MADE STRONGER:

- Vaccinations, washing hands , medicine ,antibiotics eating healthily
- exercise
- sleep
- regular medical check ups