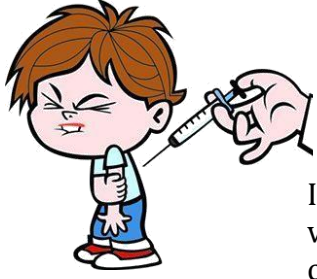


Maggie's Health Tips



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What are immunizations?



My friend, Josh, is about to start school. His parents are taking him to the doctor to get some immunizations. He knows that immunizations mean shots, and shots can hurt. I think a sore arm is a lot better than getting a disease that could change your whole life.

Immunizations are shots that protect you by giving you only a tiny piece of a disease-causing germ or by giving you a version of the germ that is dead or very weak. Giving a whole germ that's alive would give you a disease (like measles or chickenpox).

But giving only this tiny, weakened, or dead part of the germ does not give you the disease. Instead, just the opposite happens. Your body responds to the vaccine by making antibodies. These antibodies are part of your immune system, and they can fight the disease if you ever come in contact with that nasty germ.



When your body is protected from a disease in this way, it's called being immune to an illness. It can't get you. In most cases, it means you won't get the illness at all. But sometimes, you can still get a mild case of the illness. This can happen with chickenpox. Even kids who get the shot to prevent chickenpox can still get a case of it. The good news is that they usually don't get a very bad case of it. Milder cases mean fewer spots and less itching.

Why Do Kids Need Immunizations?

Immunizations are great because it means kids shouldn't get those serious diseases. These shots are great for the health of the country and world, too. How? When almost all kids have received these shots, it means that these illnesses don't have much of a chance to make anyone sick.

Because most kids in the United States get all their shots, you rarely meet anyone who has had diseases like measles or mumps. Your mom or dad has probably had to show your school that you've had all your shots. Schools and camps do this because they don't want the kids spreading or catching serious illnesses.

Parents can click on the following link for an immunization schedule from birth to age 21: http://msdh.ms.gov/msdhsite/_static/14,13899,71,439.html

Can you unscramble these letters to find the words?

1. AEYHTLH _____
2. EGRSM _____
3. SRIVU _____
4. TBIECRAA _____
5. NUIEMM _____
6. AICCNEV _____
7. ECLL _____
8. IEENSCC _____
9. CIMNIEDE _____
10. ISKC _____

What diseases do vaccines protect against?

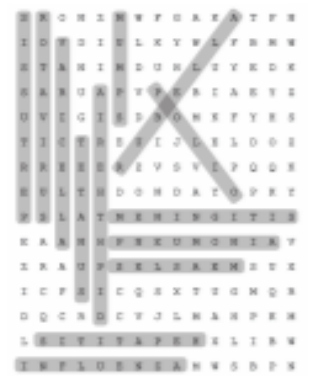
S R O N Z M W F G A K A T F N
 I O V D I U L K Y W L F B M W
 S T A N I M D U H L U Y E D K
 S A R U A P V P E B I A E Y Z
 U V I G I S D B O M K F Y H S
 T I C T R E U I J L E L D O Z
 R R E E E R Z V S V I P Q Q K
 E U L T H D O N D A Y O P K Y
 P S L A T M E N I N G I T I S
 E A A N H P N E U M O N I A V
 Z R A U P S E L S A E M S U X
 I C F S I C Q S X T U G M Q R
 D Q C R D C V J L M A H P K M
 L S I T I T A P E H X L I B W
 I N F L U E N Z A M W S B P N

DIPHTHERIA	MUMPS	RUBELLA
HEPATITIS	PERTUSSIS	TETANUS
INFLUENZA	PNEUMONIA	VARICELLA
MEASLES	POLIO	
MENINGITIS	ROTAVIRUS	

Answers to Word Unscramble

1. HEALTHY
2. GERMS
3. VIRUS
4. BACTERIA
5. IMMUNE
6. VACCINE
7. CELL
8. SCIENCE
9. MEDICINE
10. SICK

Answers to Find-A-Word



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