

Your body's natural immune system protects you daily from exposure to millions of germs (microbes), including bacteria, viruses, parasites and other threats. When germs do invade your body, making you ill, the immune system begins fighting the infection.

For a complete list of 2 billion actions:

1. **Germs:** Washing your hands properly is an easy, effective way to guard against germs and infections. Wash up thoroughly before preparing or eating food, after coughing or sneezing, after changing a diaper, and after using the toilet. When soap and water aren't handy, use alcohol-based hand-sanitizing gels.

2. **Vaccines:** The number of vaccine-preventable diseases keeps growing as researchers learn more about what causes them. Many vaccines are given in childhood, but as adults we still need vaccinations to prevent some illnesses, such as tetanus and influenza, or when traveling abroad to high-risk countries.

Vaccines work by imitating an infection that causes your system to produce antibodies to the disease. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms such as fever; this is normal and expected as the body builds immunity to the disease.

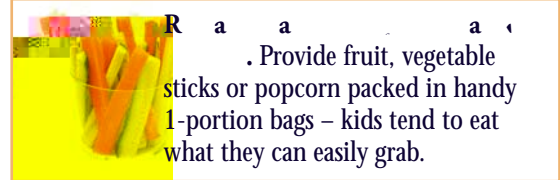
AD: . fault, . remedy

Action Plan for Overweight Kids

Behavioral changes in the U.S. Here's how to help young children slim down:

Initial goal: Discuss the behavior changes needed to gain weight control. The initial goal is to help kids stop gaining excess weight (beyond normal age-appropriate growth).

Risk factors: This includes over-consuming high-calorie, low-nutrient snacks and beverages; lack of physical activity; and excessive sedentary and solitary activities such as streaming videos and texting.



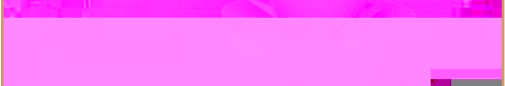
Recommendations: Provide fruit, vegetable sticks or popcorn packed in handy 1-portion bags – kids tend to eat what they can easily grab.

Changes: Adopt a nutritious food plan the whole family can enjoy long-term, with an emphasis on home-cooked meals.

Exercise: Federal guidelines recommend that children 6 years or older get at least an hour of physical activity every day. To start: Have your child get at least 20 to 30 minutes of moderate-intensity exercise daily, beyond what they may get at school, working up to an hour every day. **Media:**

Media: Leave mobile devices behind and find some fun, active family games.





A large, empty white rectangular area, likely a workspace for notes or a drawing, framed by a thin brown border.

