## Virus

Virus, like bacteria, is another name for germ. A virus can survive by living inside of the cells of living things. Viruses are smaller than bacteria but can also cause sickness. A



virus can't do anything or reproduce on its own but once it highjacks cells of living things, it can cause illnesses. Like germs, a virus can usually just be seen under a microscope. When viruses get inside our bodies, they can make us sick and cause things like the flu, common colds, Covid-19, chicken pox and measles. A healthy immune system will be helpful to fight off viruses by making antibodies. Doctors will give vaccinations which is made up of specific antibodies to prevent certain viruses from attacking, Viruses can live for short periods of time on surfaces like handles, door-knobs, and counters. This is why it is very important to sanitize high touch areas and wash your hands frequently while always trying to keep your hands away from your face which has several facial openings. A virus is very contagious and can be passed on by insect bites, animals, particles in the air that is breathed and on various surfaces that an infected person has touched. You can inhale viruses, or they can get into your eyes, nose, ears and mouth with a touch that has been contaminated by virus particles. Once infected with a virus, it can be spread through coughing, sneezing, breathing and touching surfaces. Social distancing is one of the best defenses to catching and spreading viruses.

## **QUESTIONS:**

- In your own words, define the word virus.
- 2 Explain how viruses are spread.
- **3** How can you protect yourself from catching a virus?
- **4** Have you or anyone you know had a virus? Explain.
- What 3 questions about viruses do you have?