

# The Body's Tiny Defense Team

A story about the immune system



Zara came to school with a stuffy nose and a tiny cough. 'I think a cold is trying to visit me,' she whispered to Eli. Ms. Lopez smiled kindly. 'Then today is the perfect day,' she said. 'We're learning about the immune system—the body's amazing team that fights germs and helps keep us well.'



**Topic:** Immune System

# How the Cold Germs Sneak In



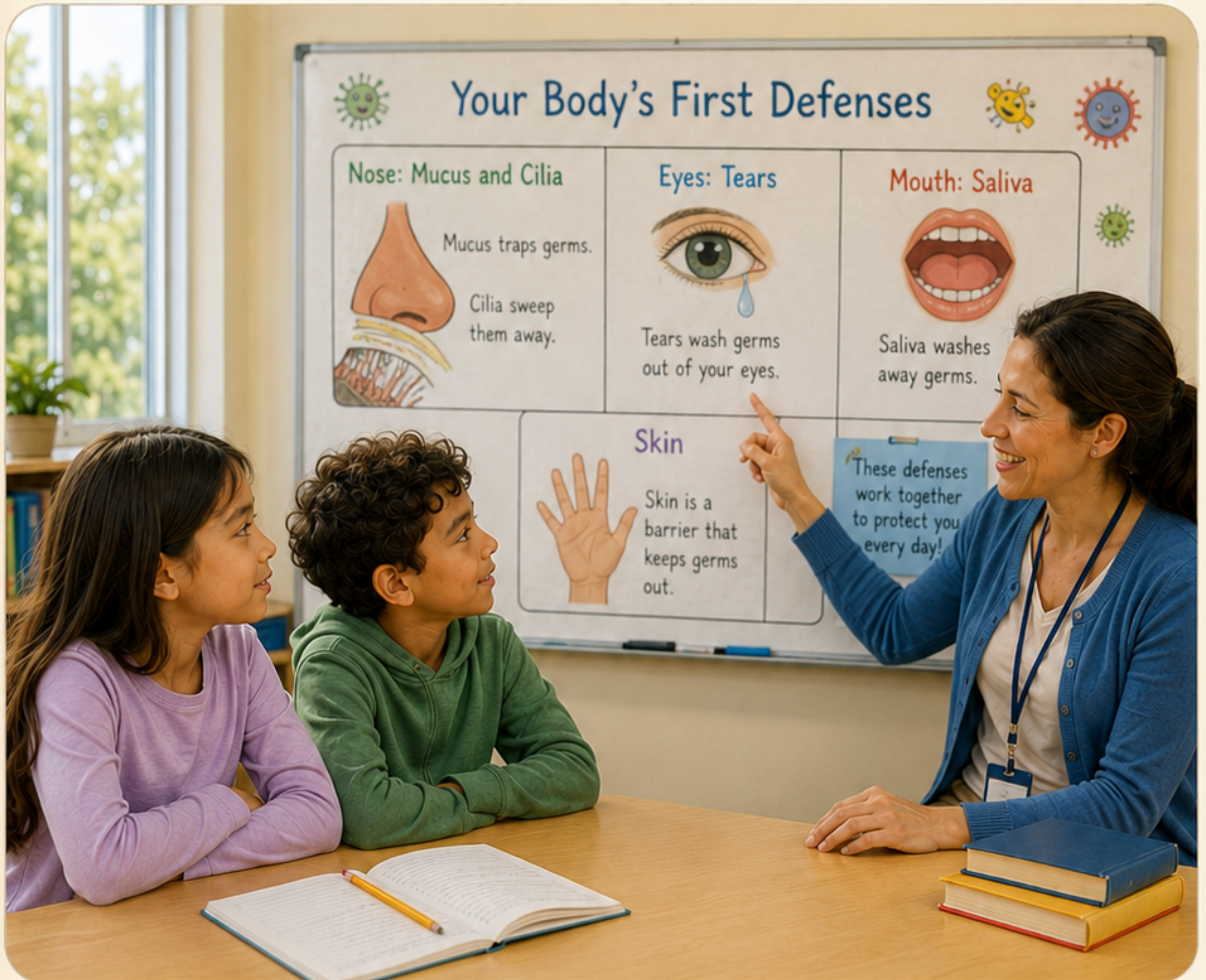
Ms. Lopez explained that colds are caused by tiny germs called viruses. They travel in droplets from coughs and sneezes, or ride on hands that touch noses, mouths, and eyes. Zara and Eli imagined the cold germs trying to slip inside like sneaky visitors.



**Topic:** Immune System

# The First Line of Defense

A story about the immune system



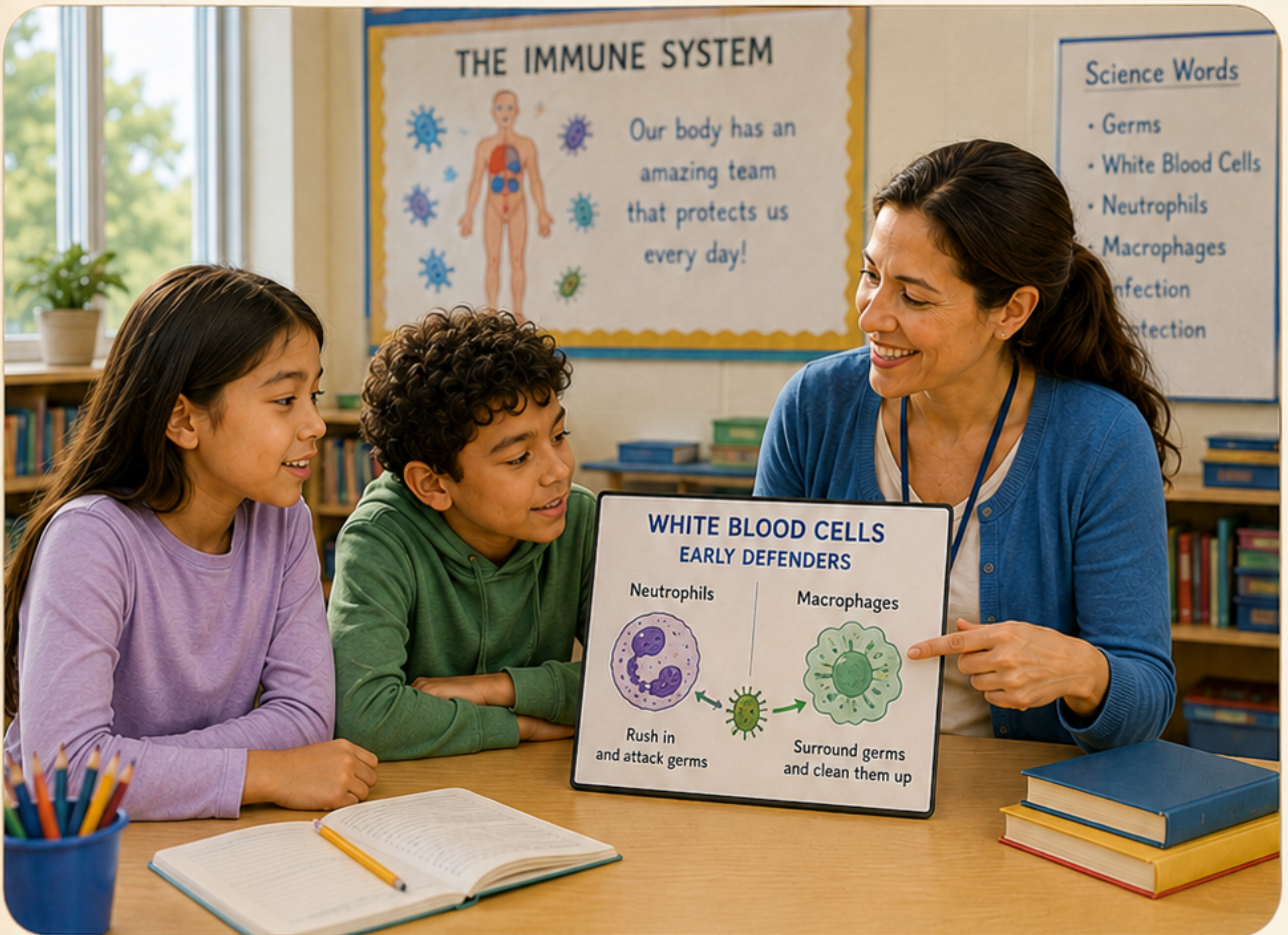
But the body is ready. Sticky mucus inside the nose traps many germs, and tiny hairs called cilia sweep them away. Tears, saliva, and skin also help protect the body, stopping lots of germs before they can spread.



**Topic:** Immune System

# White Blood Cells to the Rescue

A story about the immune system



If some germs get past those defenses, white blood cells hurry into action. Neutrophils and macrophages are early defenders. They find invading germs, surround them, and help destroy them—like tiny body guards patrolling the body.



**Topic:** Immune System

# Science Element



The immune system protects the body from germs such as cold viruses. Mucus, cilia, tears, saliva, and skin are early defenses. White blood cells—including neutrophils, macrophages, B cells, T cells, and memory cells—work together to attack germs and remember them. That teamwork helps keep us healthy.



**Topic:** Immune System

# Why You Feel Sick—and Then Better

A story about the immune system



When the immune system is fighting a cold, the body may make extra mucus, cause sneezing, or raise a mild fever. That is part of the battle. Rest, water, sleep, and healthy food help the immune system keep working until the germs are gone.



**Topic:** Immune System