**Unit: Diseases**

CM: You can take care of yourself by keeping clean.

CMQ: Why do we wash our hands, brush our teeth and not share things we put in our hair?

* We wash our hands to *help* *us stay free from germs that make us sick.*
* We brush our teeth to *help keep our teeth strong and healthy.*
* We do not share things we put in our hair so *we do not get lice.*

**Use this study guide and your health packet to study for your test on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ☺**

**Germs:**

Germs are everywhere and some germs make you sick.

You can stay free from germs that make you sick by:

* washing your hands
* covering your mouth when you cough or sneeze
* not sharing food or drinks

**Teeth:**

Your teeth help you **talk** and **chew food.** They also give you a great smile!

You get **2 sets** of teeth.

* Your first set of teeth are called: **primary teeth** (baby teeth).
* Your second set of teeth are called your **permanent teeth**.

**Brushing and flossing** your teeth every day can help keep your teeth

**strong and healthy.**

* If you **do not** take care of your teeth they will get **rotten** and **not work** right.
* If you **do not** brush your teeth every day your **breath will smell** bad.
* It is important to take care of your teeth because it would be **hard to talk and chew food** without them.

**Lice:**

* Lice are tiny **bugs that live in people’s hair.**
* You can catch lice from someone else who has lice.
* **Not sharing things you put in your hair** with someone who has lice can help you not get lice.
* Things you put in your hair include: **brushes, combs, hats, hair bands, hair ties.** Pillows and some headphones can also spread lice.