**Grade 3 Health Study Guide**

**Tips: Use this study guide, your health packet, and your pre-test to help you study for your test on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ☺**

**Disease:**

A **disease** is something that causes your body to not work normally.

A **virus** is a germ that can make us sick.

* You can get a **vaccine** to stop yourself from getting a virus.

**Infectious Diseases:**

Infectious means it can **spread.**  
A **symptom** is a sign that you are sick.   
**Colds, the flu, and strep throat** are all infectious diseases.

* Colds and flu – can cause sneezing, runny nose, fever, coughing, etc.
* Strep Throat – can cause fever, headache, sore throat, but **not coughing**.

**Prevention:**

1. Wash your hands with soap and warm water.
2. Don’t share food or drinks.
3. Cover your nose and mouth when you sneeze or cough.

**Non-Infectious Diseases:**

Non-infectious means it **cannot spread**.

**Asthma and allergies** are examples of non-infectious diseases.

* Asthma – the person sometimes has trouble breathing
* Allergies – can cause itchiness, hives, trouble breathing, runny nose, sneezing

**Allergies** and **Colds** are **ALIKE** because they can have the same symptoms.

**Allergies** and **Colds** are **DIFFERENT** because you can catch a cold, but you cannot catch allergies.

Not every sickness must be treated with medicine.