

**Viruses and Bacteria** ▪ *Guided Reading and Study*

# Viruses, Bacteria, and Your Health

*This section explains how diseases are passed from person to person and how these diseases can be treated or prevented.*

## Use Target Reading Skills

*Look at the section headings and visuals to see what this section is about. Then write what you already know about diseases caused by viruses and bacteria in the graphic organizer below. As you read, write what you learn.*

What You Know
1. You can catch a cold from somebody who has one.
2.
3.

What You Learned
1.
2.
3.

## How Infectious Diseases Spread

1. What is an infectious disease?

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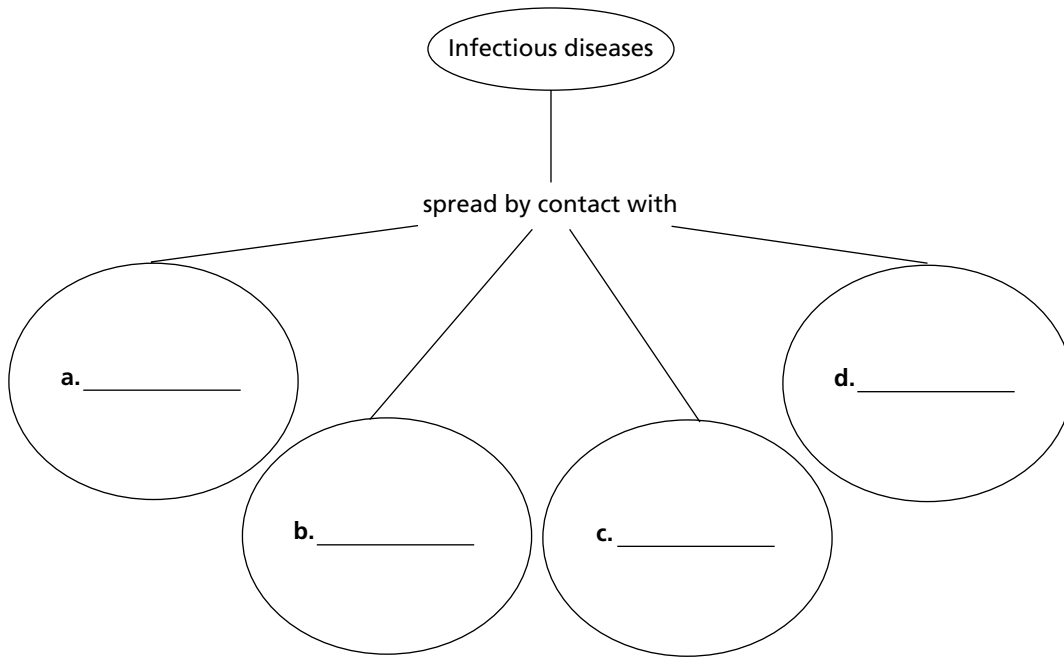
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Viruses and Bacteria

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**Viruses, Bacteria, and your Health** *(continued)*

2. Complete this concept map to show how infectious diseases can spread.



3. How do disease-causing agents enter the body?

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4. Is the following sentence true or false? The flu is spread only by direct contact, such as kissing a person with the flu. \_\_\_\_\_

5. Give one example of how objects can spread diseases.

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Match the animal with the disease that it spreads.

<b>Disease</b>	<b>Animal</b>
___ 6. rabies	a. ticks
___ 7. Lyme disease	b. raccoons
___ 8. encephalitis	c. mosquitoes

9. Is the following sentence true or false? Some viruses and bacteria that live in food, water, and soil can cause disease. \_\_\_\_\_

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10. Circle the letter of the bacteria that produces a toxin that can cause tetanus.

- a. salmonella
- b. *Clostridium botulinum*
- c. *Clostridium tetani*
- d. encephalitis

**Treating Infectious Diseases**

11. What is an antibiotic?

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12. Why are antibiotics less effective now than they once were?

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13. Is the following sentence true or false? Diseases caused by viruses can be cured with antibiotics. \_\_\_\_\_

**Preventing Infectious Diseases**

14. Is the following sentence true or false? A vaccine activates the body's natural defenses so that the body is ready to destroy an invading virus or bacterium. \_\_\_\_\_

15. What are three diseases that vaccines can protect you from?

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16. Circle the letter of each sentence that is true about protecting yourself from infectious diseases.

- a. Eat nutritious food.
- b. Get plenty of rest, fluids, and exercise.
- c. Share eating utensils or cups.
- d. Get vaccinated.

17. What should you do if you get ill?

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