

3.2 Factors Affecting the Immune System

Name _____

Date _____

Block _____

- Vaccines are _____ versions of a disease pathogen that are given to people to protect them from _____.
- Vaccines allow your body to create _____ against the disease.
- _____ are needed for some vaccines to extend the immune system's _____.

Allergies

- An _____ is an unusually high _____ to some substance.
- Any substance that causes an allergic reaction is called an _____.
 - ◆ Common allergens are: _____, _____, and _____.
- Body releases chemical called _____ to fight allergen.
 - ◆ Common symptoms include a _____ and _____.
- Severe allergies can cause an _____.

AIDS – Acquired Immunodeficiency Syndrome

- AIDS is caused by a virus called _____
- HIV attacks the immune system by infecting _____.
 - ◆ When other pathogens or antigens enter the body the immune system can't activate Killer T cells or B cells.
- AIDS is transmitted by _____ and _____.
- Taking Care of Your Immune System
Important steps you can take to help your immune system stay healthy.

- Eat a well-balanced diet.
- Maintain your personal hygiene—brush your teeth, shower or bathe, and wash your hands often.
- Keep your home clean.
- Avoid tobacco and other non-prescription drugs.
- Get plenty of rest and exercise.
- Keep your vaccinations up to date.
- Do not engage in activities that involve sharing body fluids with others.