

Staying Safe: Health KO

Physical activity	Physical Activity is any body movement that works your muscles and uses energy.
Healthy lifestyle	a way of living that lowers the risk of being. seriously ill or dying early.
Infection	An illness that has been caused by bacteria.
Anti - biotic	A medicine which destroys bacteria.
Contagious	Can be passed from person to person.
Virus	A tiny particle that can infect many different living things.
Bacteria	Tiny living organisms which can be found everywhere. Some of them are harmless, some are helpful, and some can cause diseases.
UVB	The rays of the sun that can burn us.
UVA	the rays of the sun that can cause aging.
SPF	sun protection factor.
Personal Safety	your level of protection from potential harm.
First Aid	The essential basic medical skills we need to help others who are hurt or in times of emergency.
Immune system	the body's defence system
Antibodies	substances produced in blood to destroy infections. Inactive – virus particles that have been grown and then killed to destroy its disease producing capacity.
Vaccine	a substance used to stimulate the production of antibodies and provide immunity against disease

A defibrillator is a device that gives a high energy electric shock to the heart of someone who is in *cardiac arrest*. This high energy shock is called defibrillation, and it's an essential part in trying to save the life of someone who's in cardiac arrest. A defibrillator may also be referred to as a defib, an AED (Automated External Defibrillator) or a PAD (Public Access Defibrillator).

Using a Defibrillator

1. Turn it on by pressing the green button.
2. Peel off the sticky pads and attach one on each side of the chest.
3. Stop CPR and don't touch the patient. The defibrillator will analyse the patient's heart rhythm.
4. When it sees if shock is needed and if so, it will tell you to press the shock button. Do not touch them while they are being shocked.
5. The defibrillator will tell you when the shock has been delivered and if you need to continue CPR.
6. Continue chest compressions and rescue breaths until they show signs of life or it tells you to stop.

Vaccines

Do:

- protect you from many serious and potentially deadly diseases
- protect other people in your community – by helping to stop diseases spreading to people who cannot have vaccines
- undergo thorough safety testing before being introduced – they're also constantly monitored for side effects after being introduced
- sometimes cause mild side effects that will not last long – some children may feel a bit unwell and have a sore arm for 2 or 3 days

Do not:

- do not cause autism
- do not overload or weaken the immune system – it's safe to give children several vaccines at a time and this reduces the number of injections they need
- do not cause allergies or any other conditions – all the current evidence tells us that vaccinating is safer than not vaccinating
- do not contain any ingredients that cause harm in small amounts

Sources of Support

- Contact Childline www.childline.org.uk 0800 1111
- Visit NHS Live Well: www.nhs.uk/live-well

