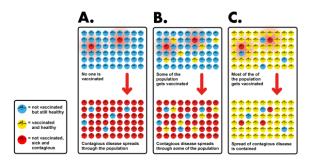
Staying Safe: Health KO

| 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 inch small amounts

Sources of Support

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