

Folke asks about viruses and bacteria

Information for preschool children on
diseases, vaccines and what is important
for good health.



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PUBLIC HEALTH AGENCY OF SWEDEN

1.

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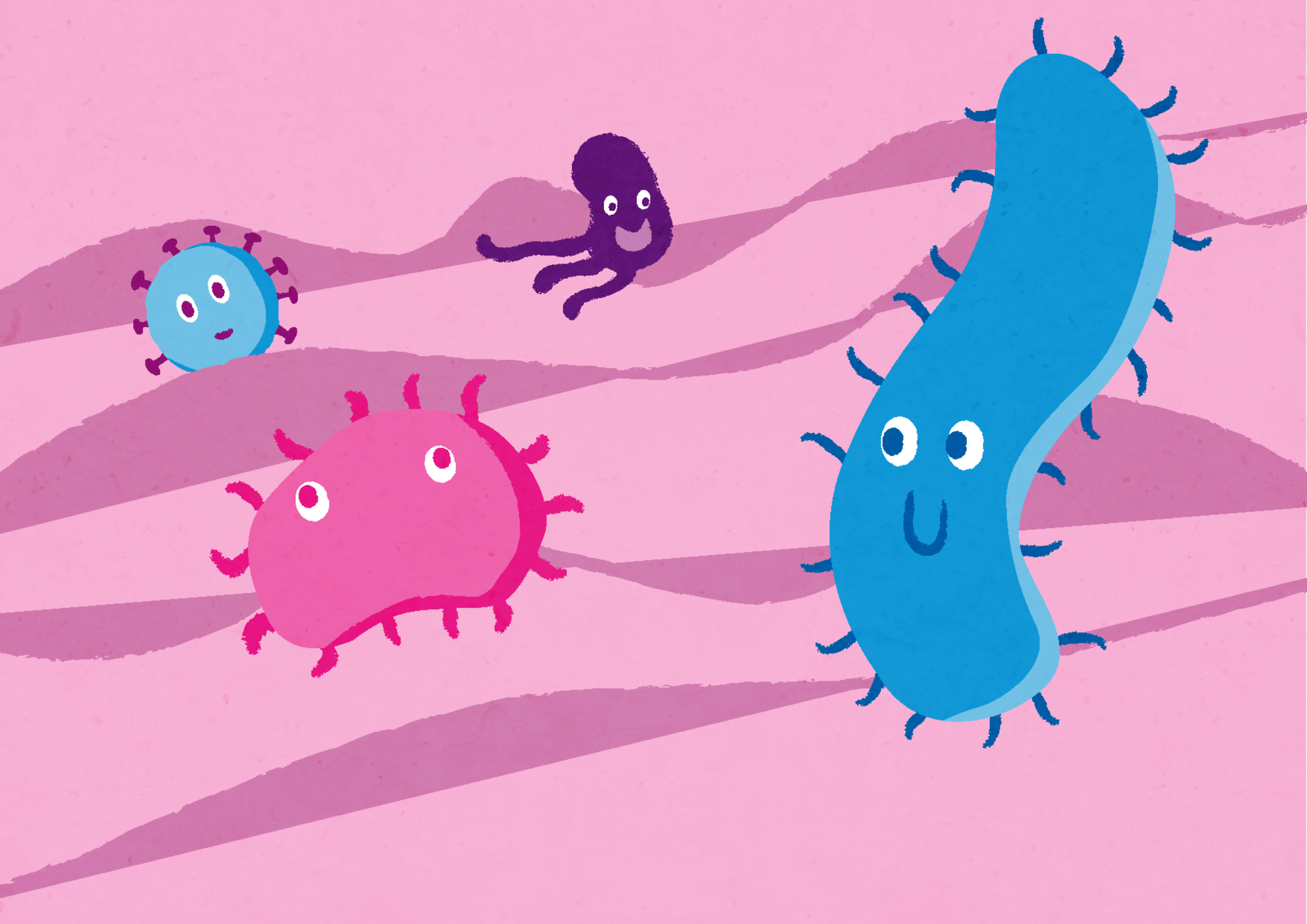


2.

Hi, my name is Folke. I have a few questions about viruses and bacteria.

Let's help Folke answer the questions.

If you have any questions, just ask.



3.

What are viruses and bacteria, and what's so special about them?

Viruses and bacteria are so small you can't see them with the naked eye. But you can see them under a microscope.

There are many different kinds – they're all different shapes and colours and sometimes they look a bit weird.

Viruses and bacteria can pass from one person to another and make them ill in different ways. Sometimes you only get a little bit ill, and sometimes a lot more.

Suggested interaction

Can you draw your own virus?

Have you ever seen a microscope?



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4.

Can viruses and bacteria make me sneeze?

If you catch a virus or a bacteria, you may get ill, like a cold or coughs and sneezes.

Bacteria and viruses can also give you a runny nose, a tummy ache, a sore throat, a cough, a temperature, make you tired or give you spots.

Suggested interaction

Can you think of how else you might get ill?

Have you ever been ill before?



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5.

Where do viruses and bacteria live?

Can they fly?

Viruses and bacteria can be almost anywhere. They're so tiny and light that you cannot see them.

Have you ever seen a sunbeam and all those little specks of dust? Well, viruses and bacteria are even smaller. They're so small you can't see them.

Viruses and bacteria like living up your nose and in spit. When you're ill with coughs and sneezes, viruses and bacteria can jump a long way.

They can land almost anywhere – on the ground, on door handles or perhaps on your friend. They can also get on your hands.

Suggested interaction

Can you see any viruses and bacteria?

Can you think of any way to stop bacteria from spreading into the air?



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6.

Why do I have to wash my hands?

Washing your hands is a great idea. It's a great way to remove all those viruses and bacteria.

This helps keep you and others from becoming ill through any viruses and bacteria that might have landed on your hands.

Sometimes there's no soap and water nearby. Then you can use hand sanitizer instead.

Suggested interaction

Do you always
wash your hands?
How often?



7.

Everyone sneezes sometimes, you can't help it. But why?

It just happens. Especially if you're ill and maybe have a cold.

If you have to sneeze or cough, it's a good idea to do it into your elbow. That way, the virus and bacteria get stuck in your sleeve and can't get away from there.

They can't jump across to your friends, and that's good.



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Suggested interaction

Just where is your elbow?

Why is it good that viruses and bacteria get stuck there?

Why should you always wash your hands when you get home, just before you eat, and after you've been to the toilet?



8.

Why should I stay at home when I am ill?

If you feel ill, stay at home and rest.

This leaves your body in peace to get rid of the virus and the bacteria. When you rest, you get well sooner.

And by staying at home when you're ill, you won't infect your friends.



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Suggested interaction

What do you usually do when you are ill?

Any good ideas for cosy fun stuff when you're ill?



9.

Will I come across viruses and bacteria every day?

Yes, viruses and bacteria are part of everyday life, just like you and me.

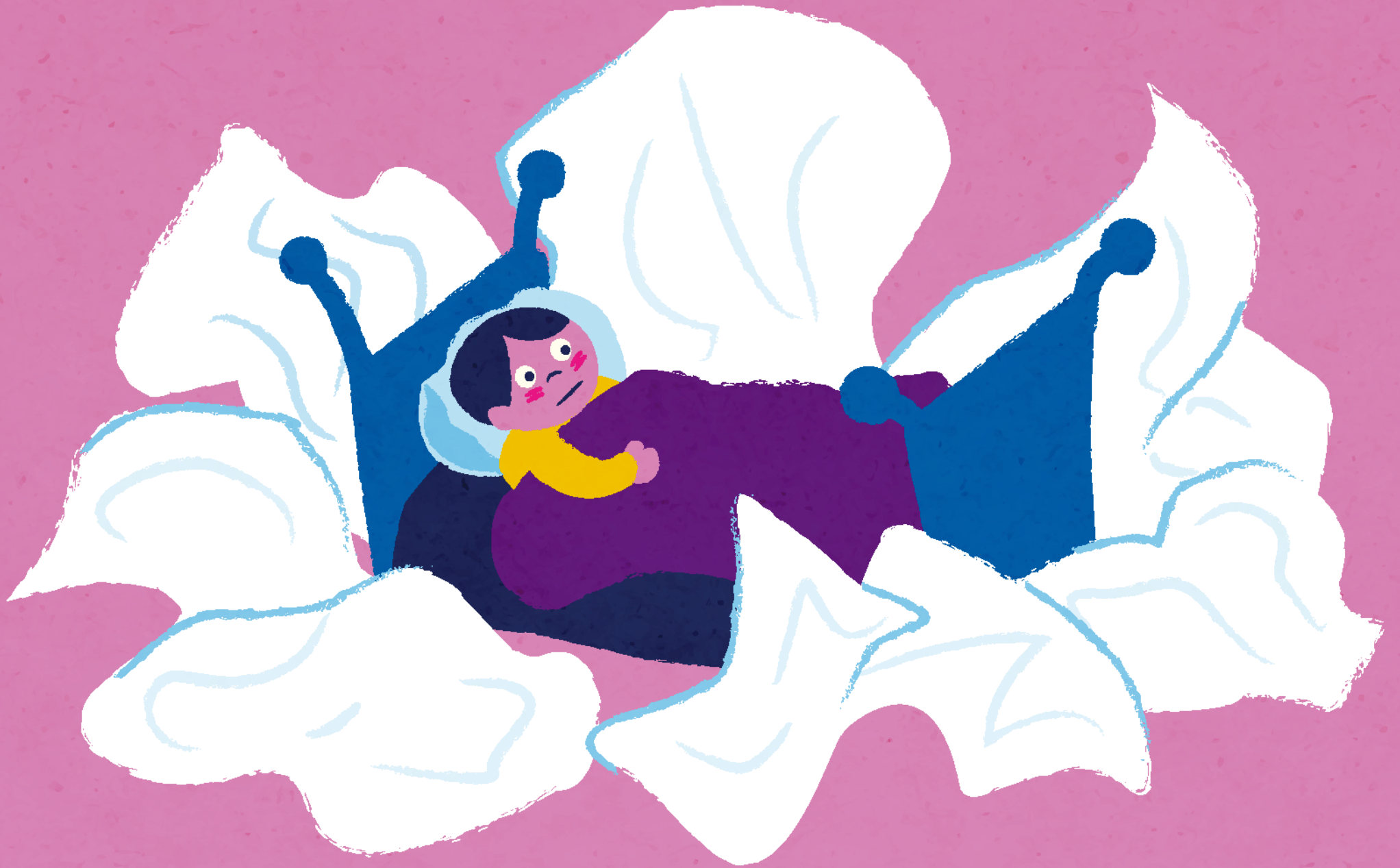
They're everywhere (but you can't see them), most of them aren't very dangerous, and some are even useful.

Some viruses and bacteria can make you ill. And some won't make you ill at all. Sometimes when we hear about infectious viruses and bacteria, we get a little bit worried.

If you ever feel worried, it's a good idea to talk about it to a grown-up to learn a little bit more. Playing with your friends helps, too.

Suggested interaction

What do you think about viruses and bacteria?



10.

What happens if I fall ill?

Have you ever had a sore throat or earache?
They are caused by viruses or bacteria.

They get tired after a while and the pain passes.
It's not usually dangerous, but you should rest
and take it easy.

But sometimes you still have to go to the
doctor. Sometimes the doctor will give you a
medicine called antibiotics.

Doctors are good at knowing when the medicine
is needed, and if it can help or not. It only helps
with the bacteria, not with viruses. Most of the
time, the body gets better all by itself.



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Suggested interaction

Have you ever taken
medicine before?
Did it taste good?



11.

Why do I sometimes get injections?

The injections contain vaccine.

The vaccine stops dangerous viruses and bacteria from making you ill.

Some of these diseases will make you break out in spots. One of these diseases is called measles. The vaccine stops you from getting very ill.

Suggested interaction

Do you know anyone who got all spotty from a disease?

Eller vet du någon sjukdom man kan bli prickig av?



12.

How do vaccines work?

A vaccine helps the body protect itself against a particular disease.

If you catch that disease, your body remembers how to defend itself against it.

This means you won't get ill so often.

Suggested interaction

Does your body have anything that protects you from viruses and bacteria?



13.

What happens when I get vaccinated?

Does it hurt?

Both babies and school children get vaccinated to protect against disease.

All you feel is a tiny prick in your arm or leg. It barely hurts at all, and it's over very quickly.

Suggested interaction

Have you ever had an injection before?

Can you remember what it was like?



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14.

What helps you feel well?

A lot of things help you feel well. Protecting yourself from bacteria and viruses isn't everything.

Playing, resting, sleeping, eating, drinking, vaccinations, brushing your teeth and washing your hands are important for all children around the world.

When you do these things, you're taking good care of yourself. They're important for making you feel well.

Suggested interaction

When do you feel well?

What do you enjoy doing?



15.

Thanks for the help; now I know a little bit more about viruses and bacteria. And maybe you do too.