

pöPö-^{*} VIISAS Koulu



*Bugwise school

Bugs in school?

Bugs, also known as **microbes**, are tiny living organisms that cannot be seen with the naked eye. There are various types of microbes, such as **bacteria** and **viruses**.

Microbes perform many different functions. Some microbes are beneficial and help us in various ways. For example, some bacteria assist in digesting food in our stomachs.

However, there are also a few microbes that can be harmful. When these bugs enter

our bodies, they can cause illnesses, and this condition is referred to as **an infection**. An infection occurs when these harmful microbes start to multiply in our bodies. At that point, we may feel unwell and develop conditions such as flu or stomach bug.

Fortunately, our bodies are wise and know how to fight against these harmful microbes. Sometimes, we need help from doctors and medicines to eliminate the infection from our bodies and recover.

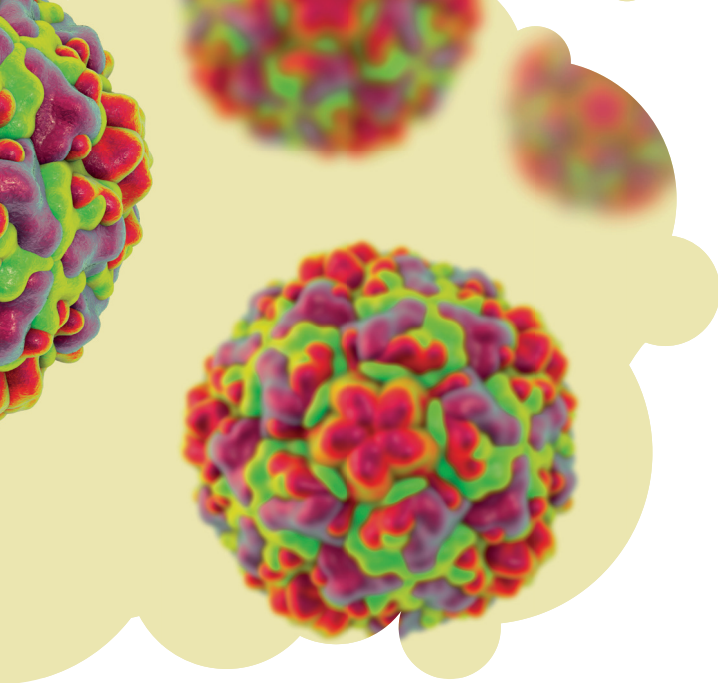
Remember, that most of the microbes are our friends and help us to stay healthy!



Handwashing helps to keep bugs at bay

It is important to remember to take care of good hygiene practices, such as handwashing, as it helps prevent harmful microbes from entering the body. Remember to cough and sneeze into your elbow or a tissue to prevent germs from spreading around you. Cleanliness and tidiness, even in your own home, are also beneficial

in preventing the spread of microbes. Various innovative inventions, such as automatically lit lights, touch-free faucets, and so-called antimicrobial surfaces that are harmful to harmful microbes, are here to assist us.

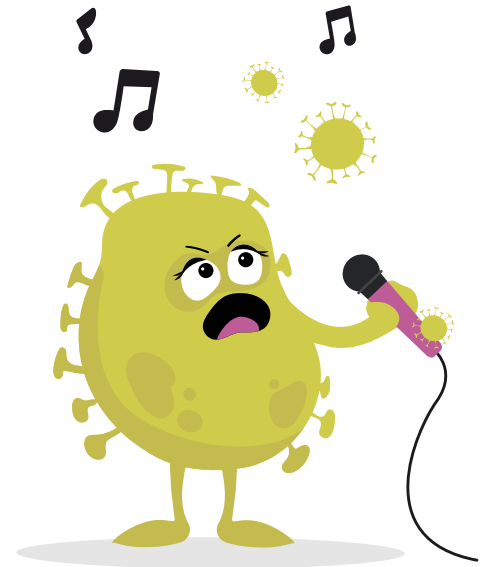


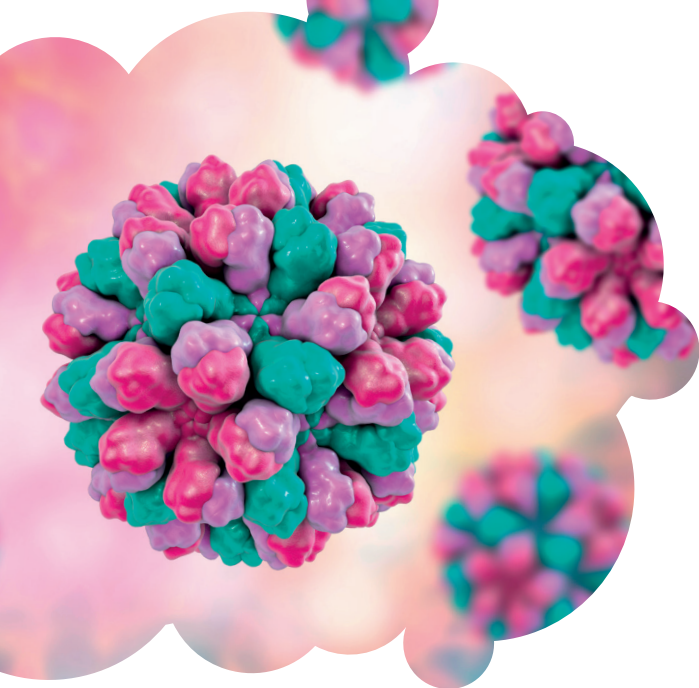
FACTS ABOUT RHINOVIRUS

Rhinovirus causes the common cold, and the most effective preventive measure is thorough handwashing.



Hello! I'm **Rilla Rhinovirus**. My favorite hobby is soccer, and I play it whenever I can. I want to be the best soccer player. I also enjoy going to house parties; they are so much fun, and my friends are the best. However, I don't like everything. I hate handwashing; it's boring.

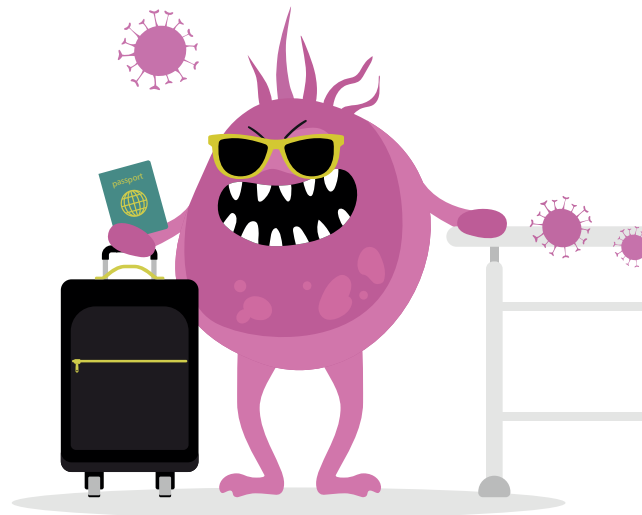




FACTS ABOUT NOROVIRUS
Noroviruses are the most common cause of stomach bugs in both adults and children.



Hiya! My name is **Niki Norovirus**. I love traveling, and my dream is to visit as many countries as I can. Do you also enjoy traveling? I'm in a rock band, playing the guitar. Come over sometime to listen. Don't be alarmed by my room – I really don't like cleaning, and it's quite messy.



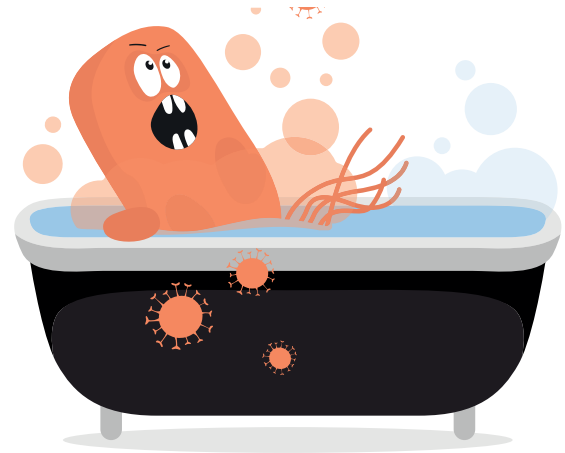


FACTS ABOUT LEGIONELLA BACTERIA

Legionella bacteria live and multiply in water systems, such as water pipes.



Hi there! I'm **Lennu Legionella** bacteria. I enjoy playing various computer games with my friends and, in my free time, I like swimming. The chlorine water in swimming pools is a bit scary, but I still really like especially the hot tubs. Let's go swimming together sometime!





Bug alert! Where could viruses and bacteria be in this picture? How can you best prevent them from entering your body?

