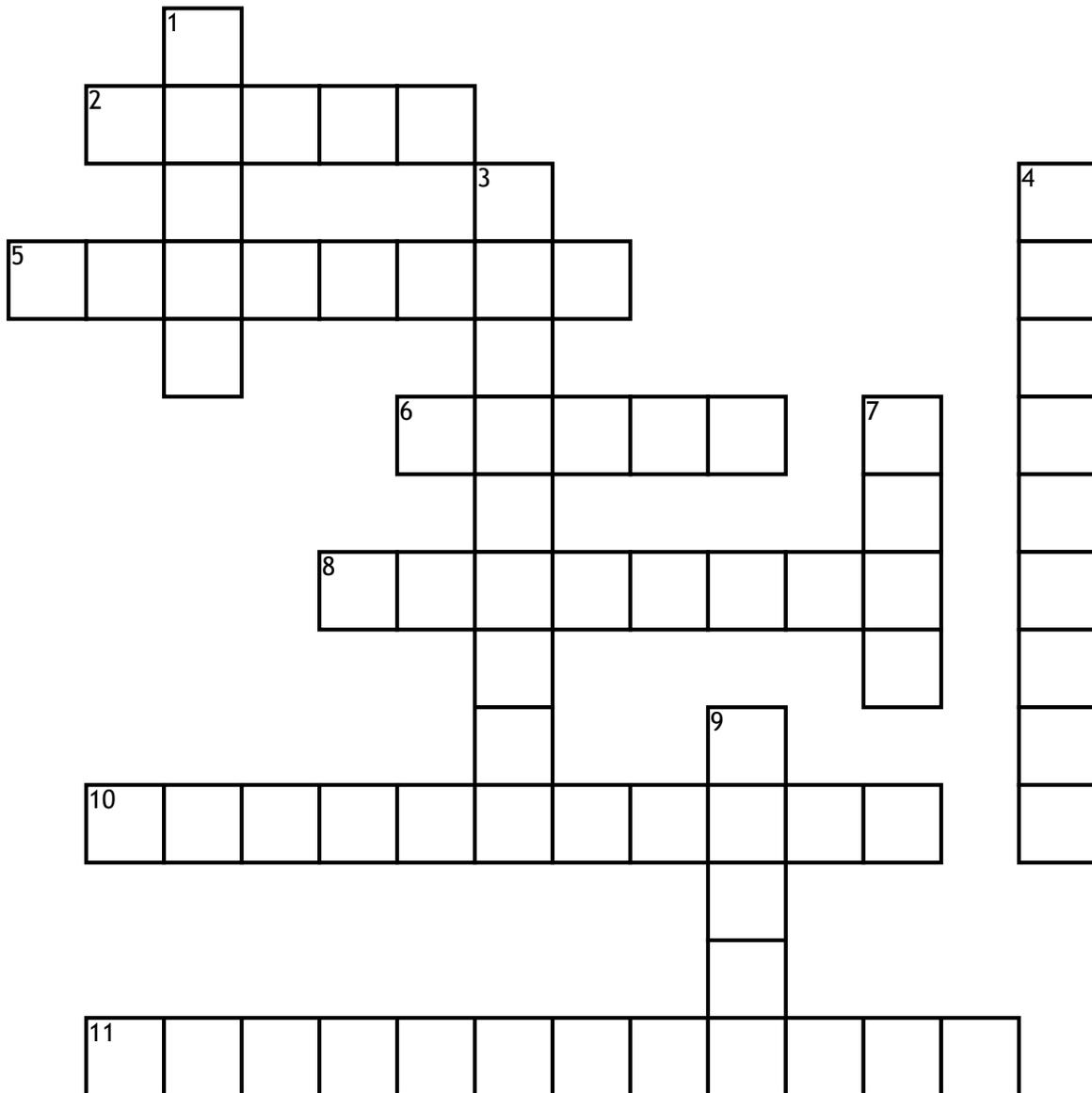


Boosting your Immune System



Across

2. If you have an open ____, it should covered with a bandage to avoid coming into contact with germs.
5. This can be taken in pill form, can be put in water, or obtained through eating fruits and vegetables.
6. 8-10 hours of this a day can help to avoid infection and improve your immune system.
8. Regular ____, or physical activity, has been proven to significantly boost your immune system.
10. You should perform ____ for at least 20 seconds to properly get rid of germs.

11. What bodily system helps to fight off infection and prevent disease?

Down

1. When coughing or sneezing, one should always cover their ____
3. This vaccine is offered every year to fight off a specific virus.
4. Green and ____ tea are loaded with antioxidants that can help boost your immune
7. A well balanced ____ can contain antioxidants and essential vitamins needed
9. An infectious agent that rapidly reproduces and causes sickness.