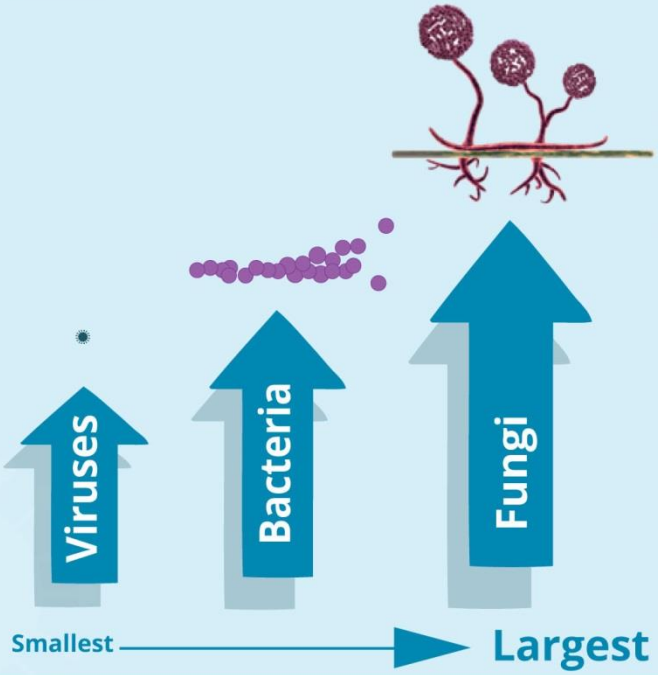
Meet the Bugs

BEAT THE BUGS

Microbes

- Microbes are found everywhere.
- There are more microbes than all other animals and plants in the world.
- Microbes are found all over our bodies.
- Microbes help keep us healthy.
- There are millions of useful microbes in our gut.
- If there were no microbes, there would be no people!

Three types of microbe



1. Fungi

- The giants of all microbes.
- Fungi can be useful and harmful. Useful fungi can be used to make bread (yeast) or antibiotics. Harmful fungi can cause mould on food or diseases such as athletes foot.

2. Bacteria

- There are three different shapes of bacteria; balls, spirals and rods, and scientists use these shapes to help identify them.
- Most bacteria in our gut and on our bodies are useful.
- Some bacteria are harmful, causing wound and chest infections.

3. Virus

- Viruses are tiny and need to live inside other animals, plants and even other microbes.
- There are very few good viruses and most viruses make us ill.
- Viruses include coughs, colds, flu, vomiting and chickenpox.

Useful Microbes

- Useful microbes are found in and on our body.
- Most of our microbes are good for us and do not cause disease.
- Useful microbes are used to make foods such as wine, cheese, vinegar, yoghurt, and chocolate.
- Useful microbes are used to make certain antibiotics.
- Microbes produce at least half the oxygen we breathe.
- Useful microbes live on the roots of plants and help them take in food and water.
- We can look after our useful microbes by taking less antibiotics.

Harmful Microbes

- Some microbes can be harmful to humans and cause illness.
- Harmful microbes love it when you help them spread around by not washing your hands, coughing, sneezing, and eating under cooked food.
- Remember, microbes multiply very fast so it only takes one harmful microbe to get into your body and make you sick!
- Most cough, colds, sore throats and flu are caused by viruses.
- Some bacteria can destroy antibiotics. They are called antibiotic resistant bacteria.

e-Bug
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