



Health (condition) VS Wellbeing (lifestyle)

The condition or state of physical, mental, emotional & social wellbeing plus disease control (changeable)

The knowledge & choices we make to a healthy lifestyle.



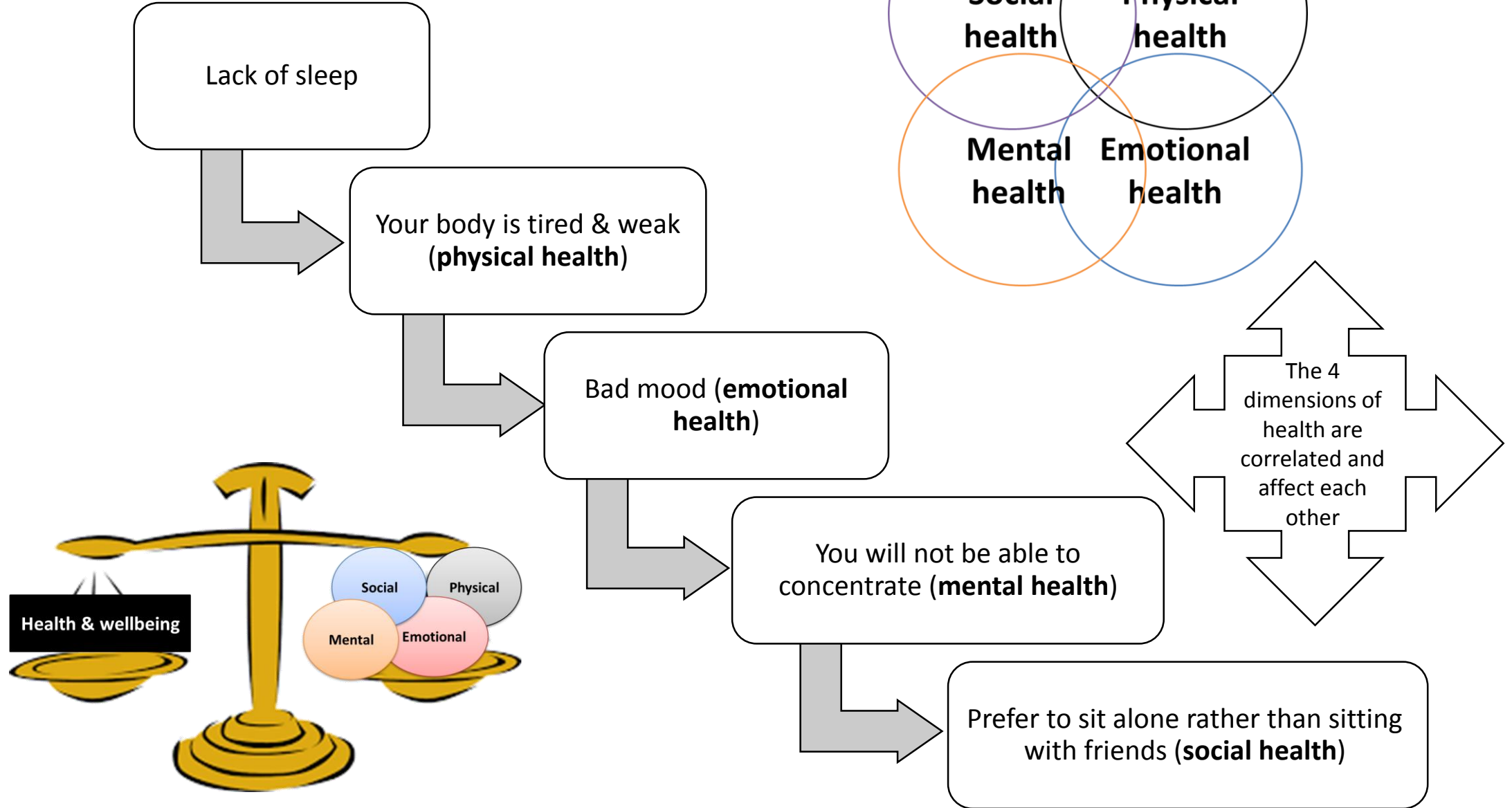
Disease VS Illness

Disease: affects an organ (physical only), CD/ NCD

Illness: affects a man not just physically but mentally, emotionally or socially



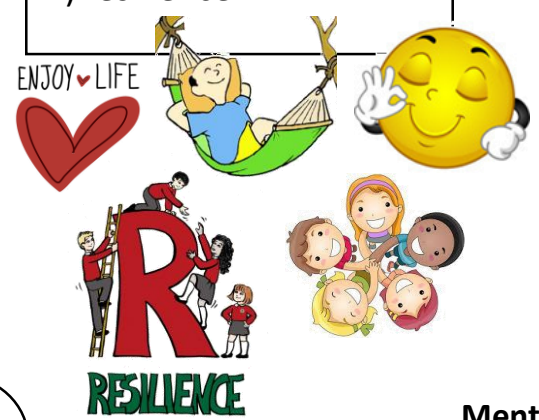
Unit1: Health and well-being
Lesson2: Dimensions of health



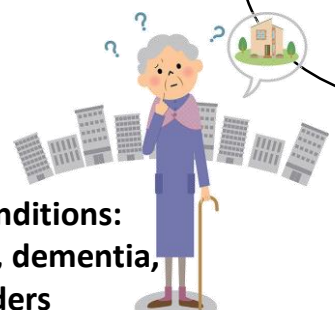
Unit1: Health and well-being
Lesson2: Dimensions of health



- Positive characteristics:**
- 1)Adapt to change
 - 2)Contentment
 - 3)Ability to build fulfilling relationships
 - 4)Self-confidence & self-esteem
 - 5)Ability to enjoy life
 - 6)Sense of purpose
 - 7)Resilience



Mental health conditions:
 Alzheimer's disease, dementia,
 eating disorders



Avoid harmful substances



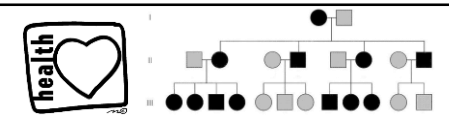
How the body works (physical health)



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What are the factors (what controls weight)?

- 1)Healthy eating
- 2)Exercises
- 3)Family history
- 4)Health status



How to maintain HEALTH dimensions?

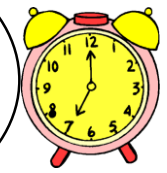
Feelings & ability to manage them (emotional health)



Relationships (social health)

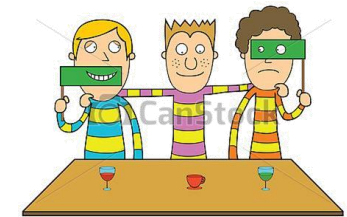


Give yourself (time, effort, energy etc.)



Self-esteem

Cognitive process & brain function (mental health)



I ♥ ME



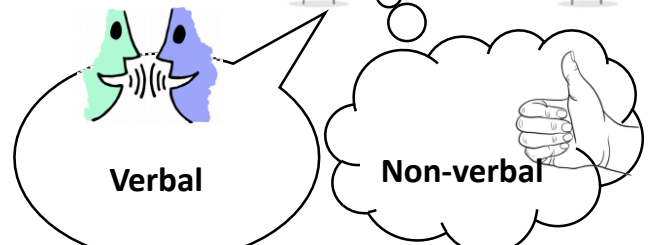
be yourself

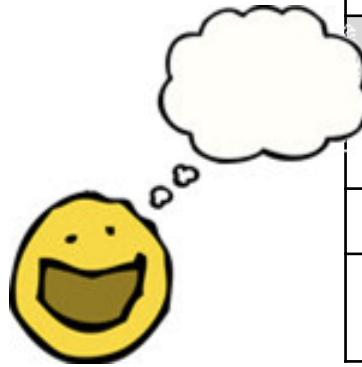
Good communication



Verbal

Non-verbal



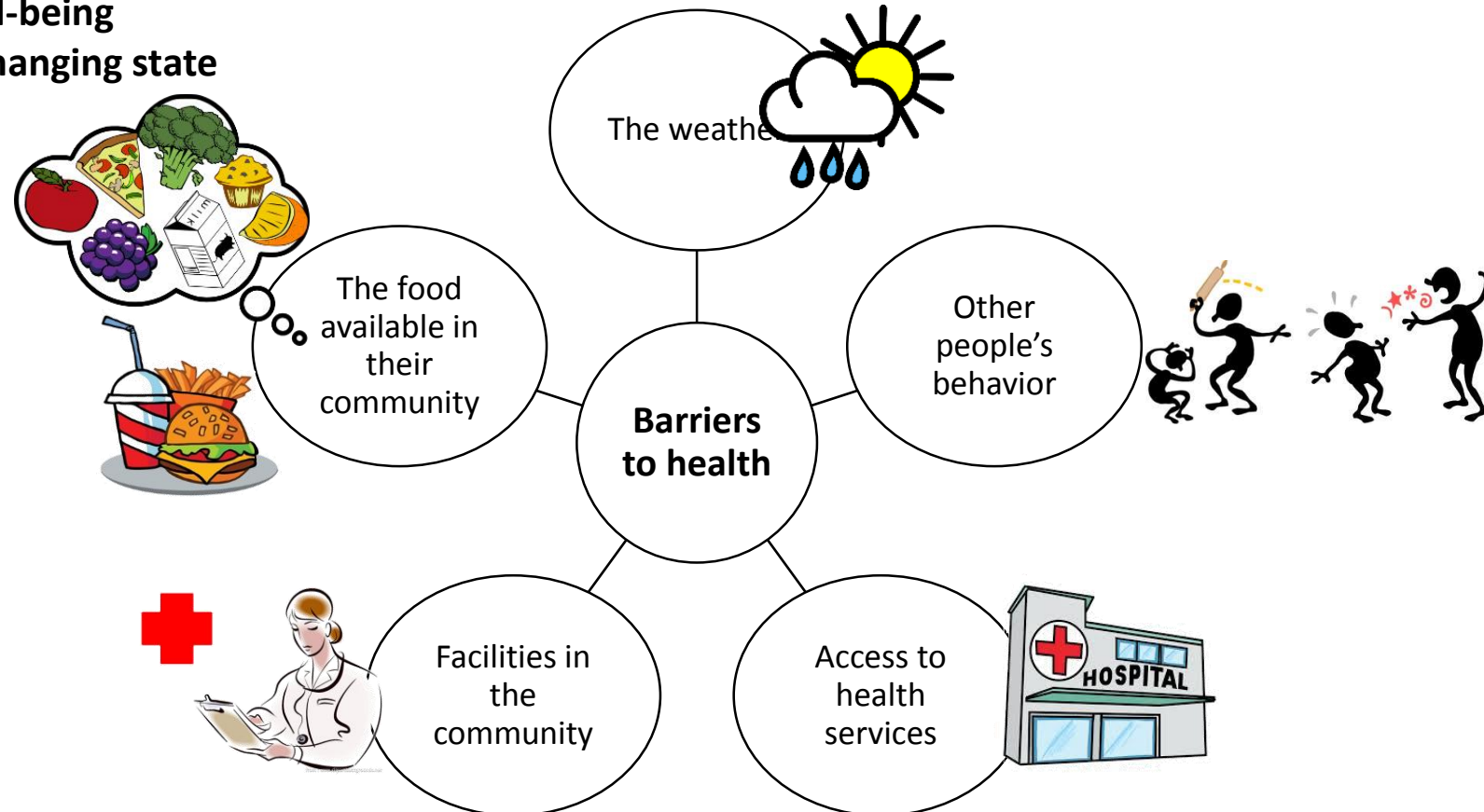








Thoughts vs. emotions		
	Thoughts	Emotions
Definition	Cognitive 'thinking' process (what you tell yourself)	Emotional process (what you feel)/ facial expressions
Related to:	Mental health	Emotional health
Examples	Right/ wrong/ okay/ silly	Angry/ tired/ sad/ happy/ embarrassed/ excited



Unit1: Health and well-being

Lesson3: Health is a changing state



Healthcare professional	Role description (what they do?)
 Nutritionist/ dietitian	Identify <u>nutrition deficiencies</u> (provide: meal plans/ health promotion & education)
Doctor	<u>Assess, diagnose & treat</u> a patient who is sick
Health promoter	<u>Educate</u> people about their <u>health</u> before they develop health problem
 Nurse	<u>Provide healthcare</u> to individuals/ families & communities
 Paramedic	The <u>first</u> on the scene of an <u>emergency</u> & provide care to the patient
 Pharmacist	Works closely with <u>medications</u> and understands their dosage usage & interactions in the body
 Physical therapist	Works closely with the patient who has <u>injury</u> or <u>disability</u> to <u>encourage movement</u>
 Psychologist	Assess, diagnose & treat <u>psychological illnesses</u>

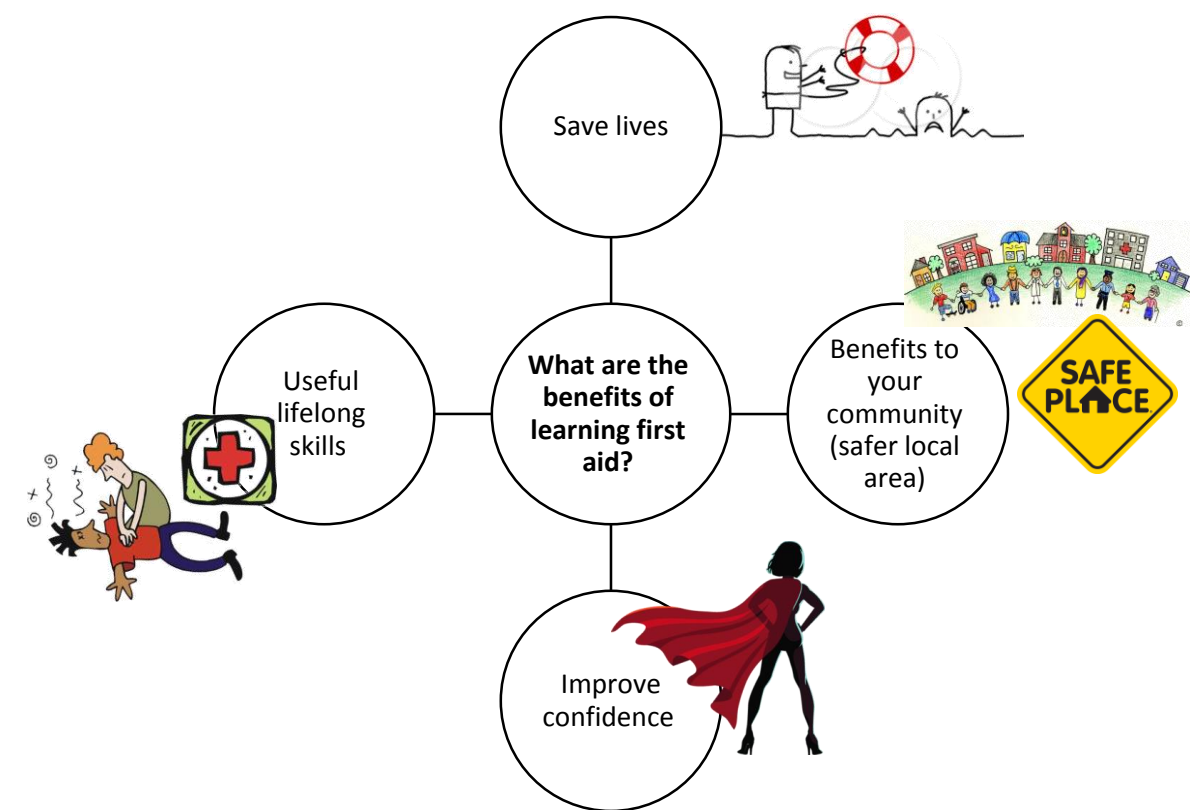


Unit2: Introduction to first aid

Lesson1: The benefits of learning first aid

First aid: emergency help given to the victim until they get fully treated in hospital.

Emergency: dangerous situation that needs immediate action.



Notes:

- First aiders must be certified & remember to ask for permission before providing help.
- If you want to be certified you can do that in Dubai Center for Ambulance Services (DCAS).



Lesson2: First aid kit

First aid kit contents:



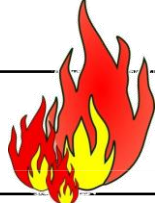
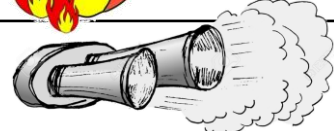




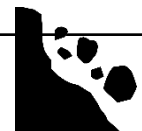






- | | | |
|------------------------------------|-------------------------|---------------|
| 1) CPR mask | 11) Sterile gauze pads | 21) Cold pack |
| 2) First aid manual | 12) First aid box | |
| 3) Flashlight | 13) Antibiotic ointment | |
| 4) Thermometer | 14) Antiseptic wipes | |
| 5) Cream (hydrocortisone ointment) | 15) Bandages | |
| 6) Blanket | 16) Safety pins | |
| 7) Scissors | 17) Plasters | |
| 8) Tweezers | 18) Triangular bandage | |
| 9) Eyewash/ eye drops | 19) Medical tape | |
| 10) Aspirin | 20) Gloves | |


Danger: Assess the scene
 (is it safe?/ check for hazards)

DR ABC

How to act during an emergency?

Possible hazards:	
Traffic	
Unstable electric lines	
Fire	
Smoke	
Violent behaviors	
Extreme weather	
Dangerous fumes	
Biochemical products	
Falling rocks	

Assess the casualty:
Response (tap the shoulder of the casualty and ask: Are you OK?)

Airway (check if there is something blocking the airway)

Breathing (check chest movement/ look, feel, listen for breathing)

Circulation (check heart pulse/ injuries or bleeding)


Check for any "medical information jewelry" (tells you about existing medical condition)


No breathing / Only gasps / No heart beats
Do CPR

Before CPR:

Give one electric shock using **AED** (Automated External Defibrillator)
 + Call 998 + put the patient on their back on a flat surface or floor

Best of luck: Maitha Taleb Saeed

When to call emergency services (998)?



Someone is seriously injured

Not sure what to do

Not qualified to give first aid

If the patient:

Not responsive

Breathing difficultly

Showing stroke signs

Severely injured or burned

Bleeding heavily

Having a seizure

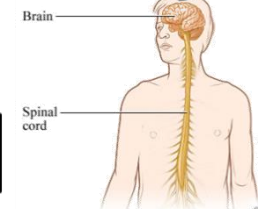
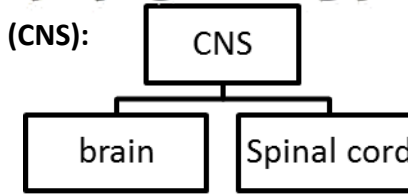
Had electrical shock

Poisoned

Can not move



Central nervous system (CNS):



Spinal cord:	Description
Definition	Long, thin, tube-like bundle of nerves.
Function	Deliver nerve signals from the brain to the rest of the body
Location	Extends from the brain stem to the lumbar region

Spinal cord injuries types

Complete

Incomplete

Spinal cord injuries happen because:

Traumatic injuries:

Car crash/ sports/ falls/ gymnastics/ violence/ diving in shallow water

Non-traumatic injuries (illnesses):

Cancer/ osteoporosis/ multiple sclerosis/ inflammation/ arthritis

COMPLETE SPINAL CORD INJURY

INCOMPLETE SPINAL CORD INJURY



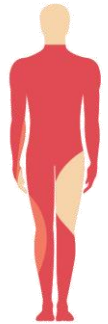
Paraplegia



Quadriplegia (also known as tetraplegia)



Paraplegia



Quadriplegia (also known as tetraplegia)

Paraplegia, affecting part of the trunk, the pelvic region, and the legs, results from injuries lower on the spine.

Quadriplegia (also known as tetraplegia) results from injuries higher on the spine and affects the trunk, arms, legs, hands, and pelvic region.

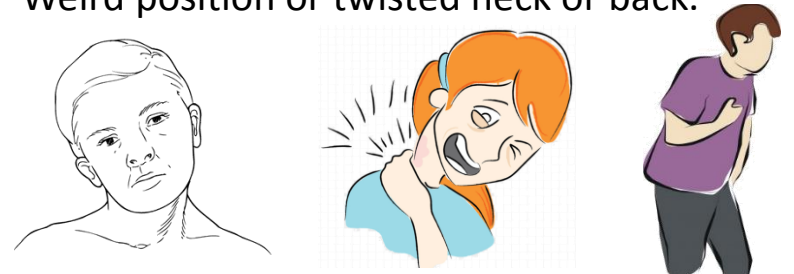
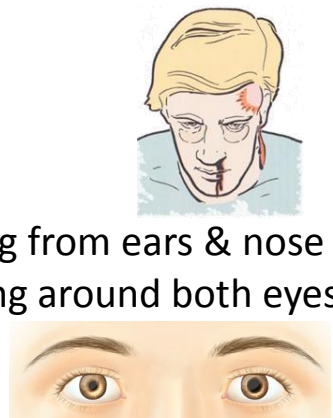
The effects of spinal cord injury depends on:

- 1) The severity of the injury.
- 2) Which part of the spinal cord is affected.


Notes:

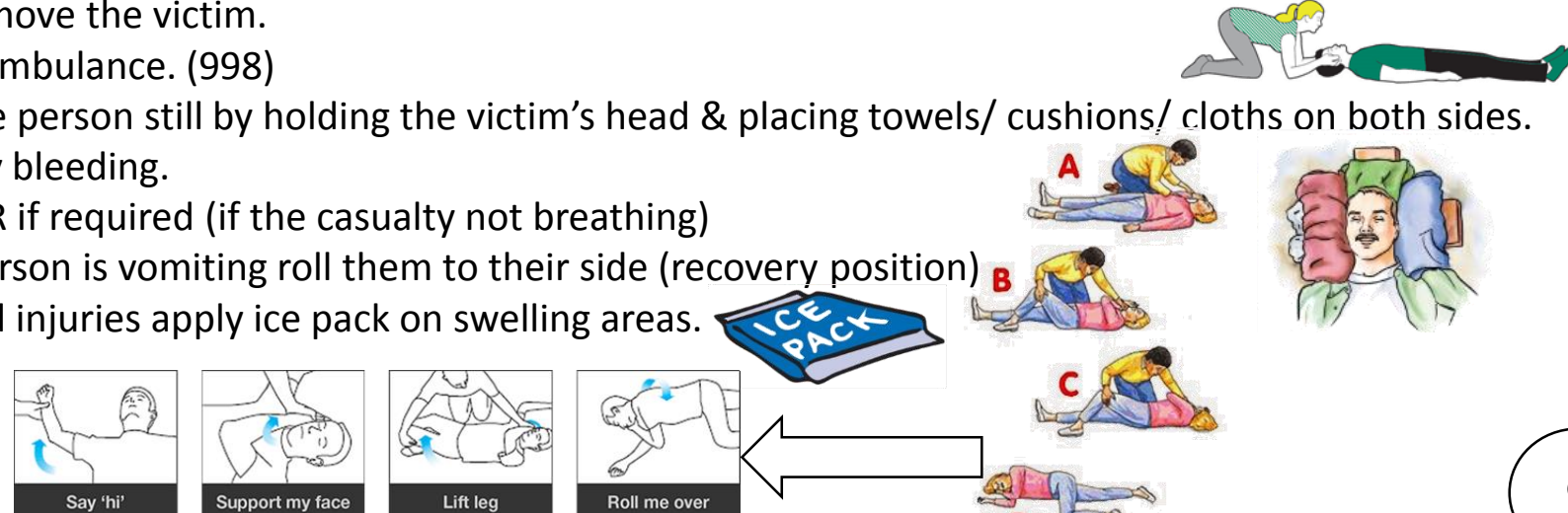
- ✓ The higher the injury occurs the more severe the effects. (paralysis)
- ✓ **Paralysis**: lose the ability to move or feel anything.
- ✓ Spinal cord injuries are more common in young adults (16-30) because they take more risks.

Spinal vs head injuries

	Spinal injuries	Head injuries
Signs & symptoms	<ul style="list-style-type: none"> ✓ Sharp pain in the neck/ back/ head. ✓ Numbness/ tingling/ loss of sensation (paralysis). ✓ Breathing difficulty. ✓ Loss of bladder and bowl control. ✓ Weird position or twisted neck or back. 	<ul style="list-style-type: none"> ✓ Unconsciousness/ unresponsiveness ✓ Concussion ✓ Seizures ✓ Vomiting ✓ Amnesia (memory loss) ✓ Blood or clear fluid coming from ears & nose ✓ Sudden swelling or bruising around both eyes or behind the ears ✓ Pupils with unequal sizes ✓ Walking/ speaking or staying awake difficulties 

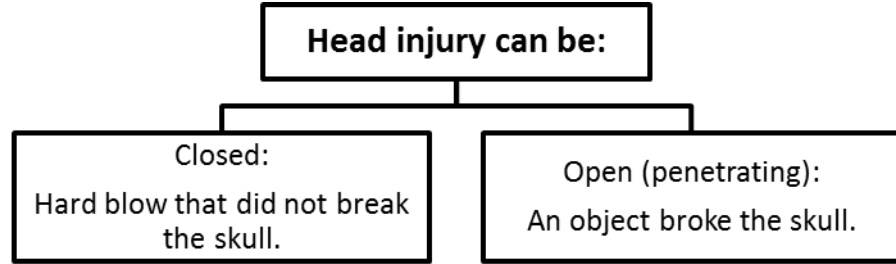
First aid (what to do to help the casualty?)



1. Do not move the victim.
 2. Call an ambulance. (998)
 3. Keep the person still by holding the victim's head & placing towels/ cushions/ cloths on both sides.
 4. Stop any bleeding.
 5. Give CPR if required (if the casualty not breathing)
 6. If the person is vomiting roll them to their side (recovery position)
 7. For head injuries apply ice pack on swelling areas.
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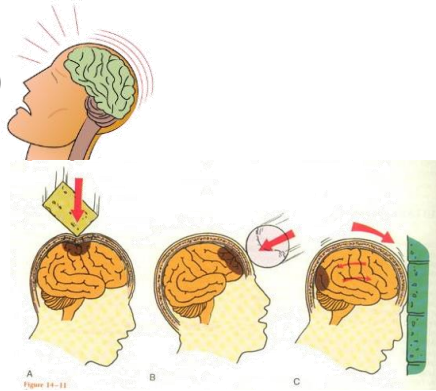
Unit2: Introduction to first aid
Lesson4: Head and spinal injuries

Head injuries: any trauma to the scalp/ skull/ brain.



Common head injuries:

- Concussion (when the brain is shaken)
- Scalp wounds
- Skull fractures



Head injuries may cause bleeding:

- In the brain tissue.
- In the layers that surround the brain.

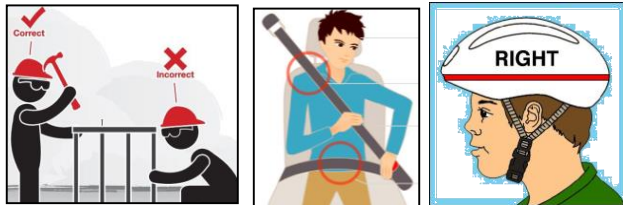
Head injuries Don'ts:

- Do not wash a deep head wound or heavily bleeding.
- Do not remove any object sticking out of a wound.
- Do not move the person.
- Do not shake the person.
- Do not remove a helmet if you suspect a head injury.

Prevention of head injuries:

use safety equipment:

- Helmet
- Hard hat
- Seat belt



Unit2: Introduction to first aid
Lesson5: Arterial, venous and capillary bleeding

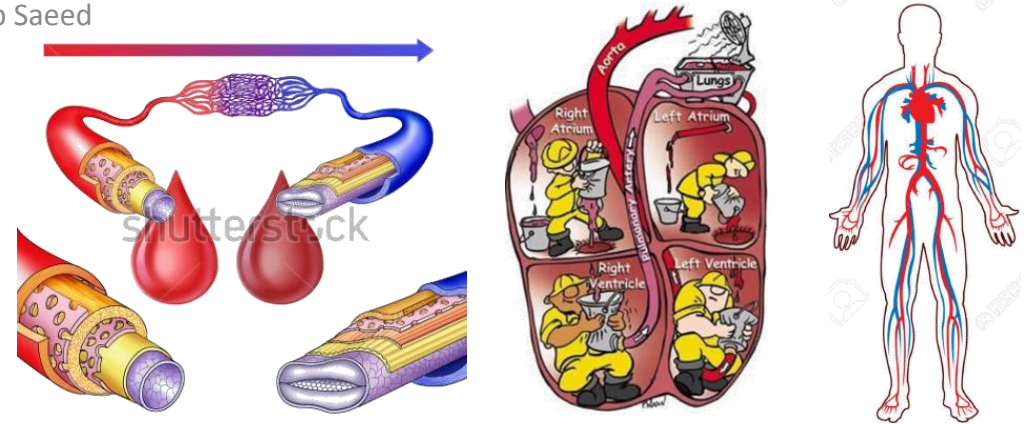
What makes up your circulatory system?



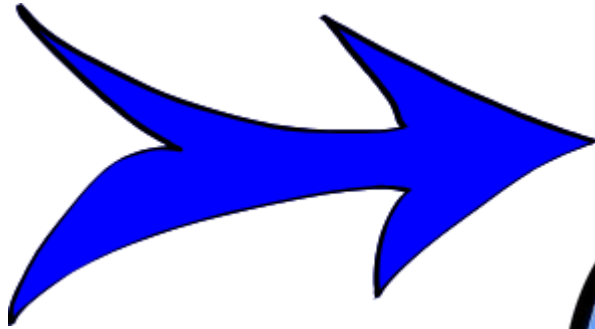
Transportation system	Circulatory system
Road/ street	Blood vessels: Veins/ Arteries/ capillaries
Car	Blood
Engine	Heart

Blood flows through blood vessels, which from the closed system called the “circulatory system”

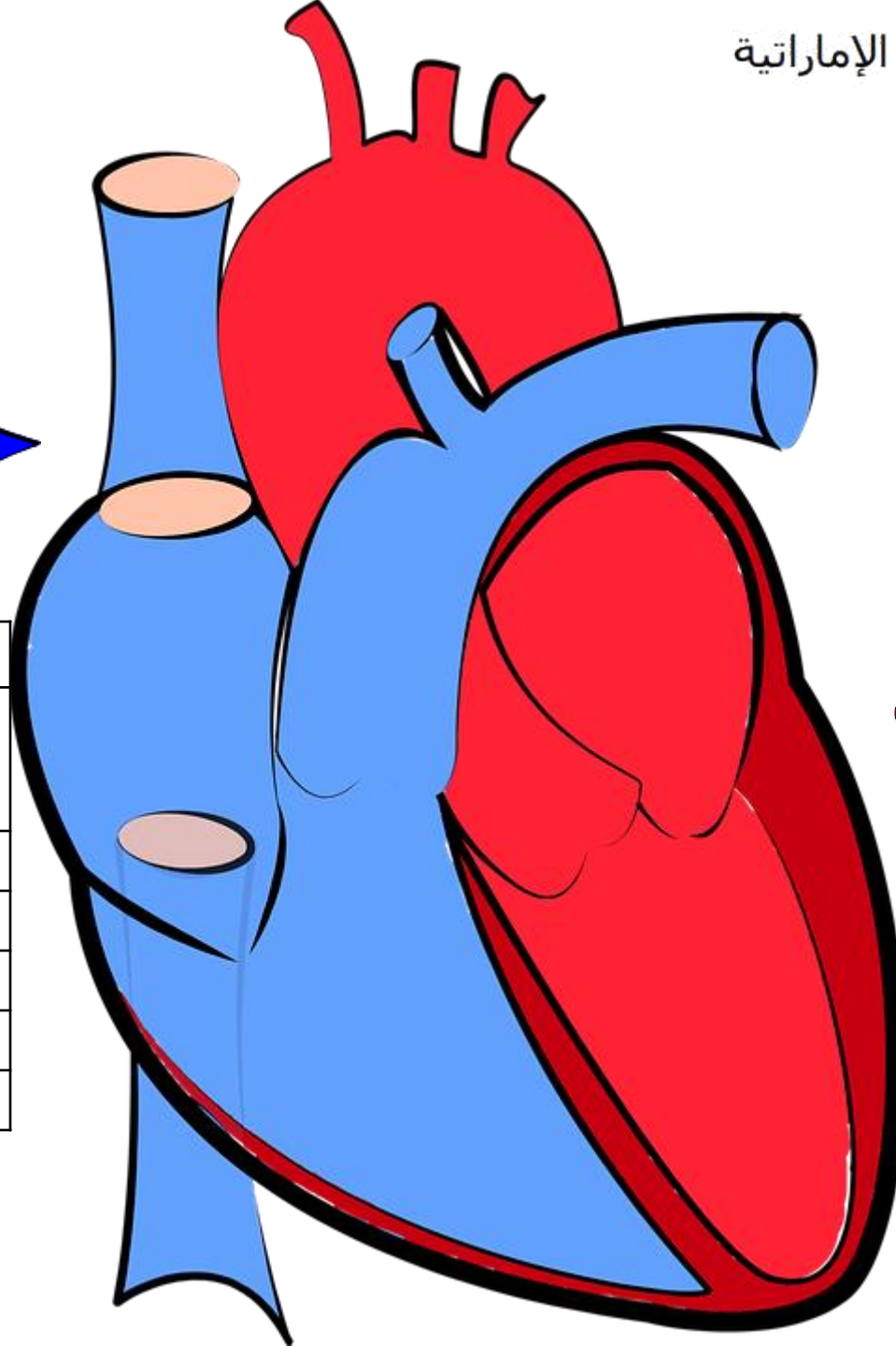
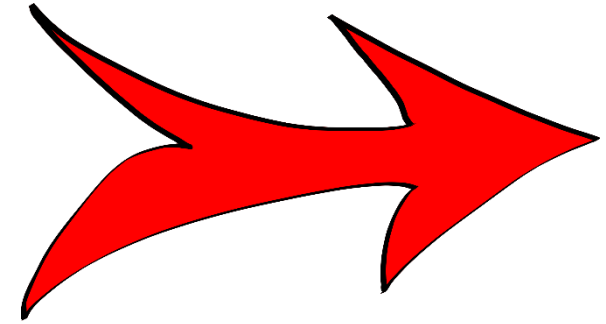
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Vein

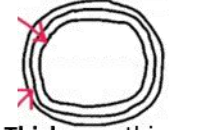
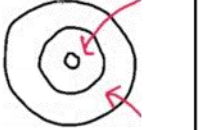






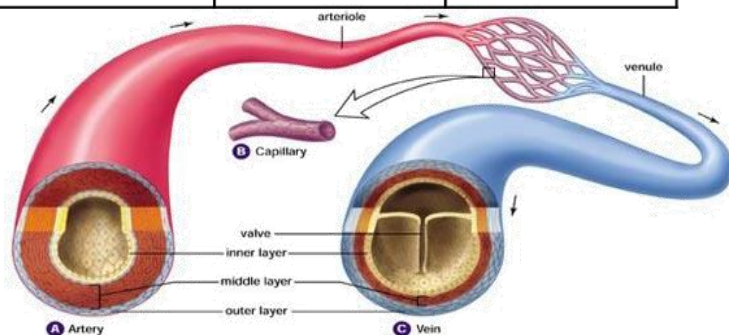
Artery






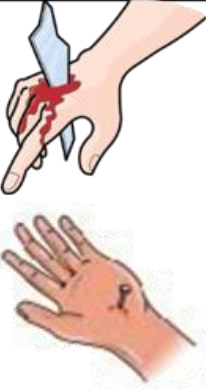

The opposite

Blood vessel name:	<u>Vein</u>
Function:	Bring blood into (towards/ return back/ inside) the heart
Wall color:	Blue
Blood color:	Dark red
Blood pressure:	Low
Bleeding flow:	Oozing/ track smoothly
Wall thickness:	Thin walled


Blood vessel	Vein	Artery	Capillary
Cross section	 Thickness: <u>thin</u> outer wall and muscle layer Lumen: large	 Thickness: <u>thick</u> outer wall and muscle layer Lumen: large	 Thickness: a <u>single layer</u> of cells Lumen: very small
Blood color	Dark red	Bright red	Both
Bleeding type			
How blood acts?	<ul style="list-style-type: none"> ✓ Oozing ✓ Steady, slow flow 	<ul style="list-style-type: none"> ✓ Spurting ✓ Pulsating flow 	<ul style="list-style-type: none"> ✓ Slow flow ✓ Clot by itself
How serious is it?	Slightly serious injury & rarely result in death	Very serious, the cut will bleed very fast & the patient may die in minutes	The cut clot and stops by itself
What does it do? (function)	Return blood <u>into</u> the heart	Take blood <u>out</u> of the heart	Exchange <u>gases</u> & provide cells and tissues with <u>nutrients</u>

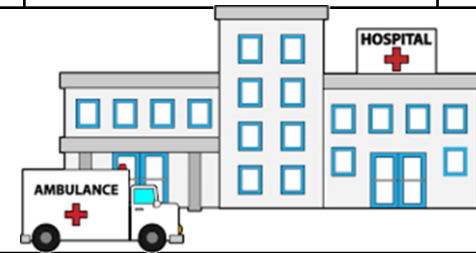


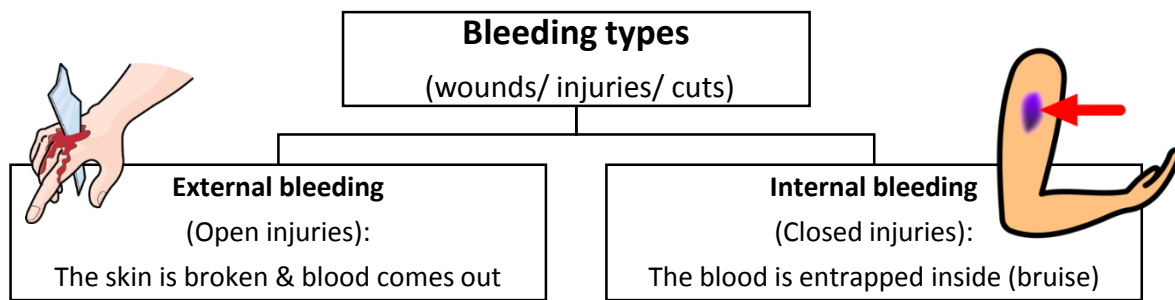
Note: veins have **صمامات valves** that stop blood from flowing back.

Category of soft tissue injury	Description/ definition	Types/ examples	Picture
Abrasion كشط	Scraping/ grazing the skin on a rough surface	Knees/ elbow/ hands	
Laceration تمزيق	Cut/ tear in the skin	If it is deep it may damage nerves & blood vessels	
Avulsion قلع	The tissue is torn away		
Puncture وخز	Penetrating of flesh by sharp object such as: knife/ splinter	Perforated (if the object goes through the body & out the other side) Impaled (if the object stays in the body & sticking out)	
Amputation بتر	Complete removal of tissue from the body	Limbs such as legs/ arm/ fingers	



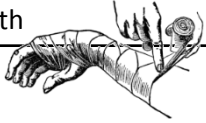


Soft tissue injury type	Amputation	Puncture injuries
First aid	<ol style="list-style-type: none"> 1) Call 998 2) Get first aid kit + wear PPE (personal protective equipment, such as: gloves) 3) Try to stop the bleeding using a dressing and a bandage 	
	<p>For amputated part:</p> <ol style="list-style-type: none"> A. Wash it B. Wrap it with a clean cloth C. Put it inside a plastic bag D. Put the plastic bag inside another one that is full of cold water & ice 	<p>If there is something sticking out of the wound: Do not pull it! But fix it by wrapping a bandage around it.</p> 



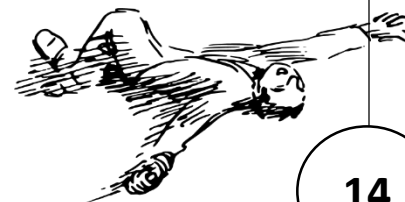


Dressings vs. bandages:

	Dressing 	Bandages
What is used for?	Stops bleeding	Applies pressure/ keeps the dressing in place
Examples	Gauze pads/ plaster/ clean cloth 	Gauze rolls/ triangular bandages/ elastic bandages/ clean cloth 





When to call emergency services for bleeding?

- 1) There is a lot of bleeding.
- 2) You can not stop bleeding.
- 3) The person is showing signs of shock.
- 4) Suspect head/ neck/ spine injury.
- 5) You do not know what to do.



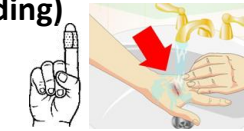
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How to control "stop" external bleeding?

1. Get a first-aid kit 
2. Wear PPE (Personal Protective Equipment) such as gloves 
3. Apply dressing and press with your palm to stop the bleeding 
4. Apply a second dressing over the first one if needed
5. Wrap a bandage around the dressing to keep it in place 

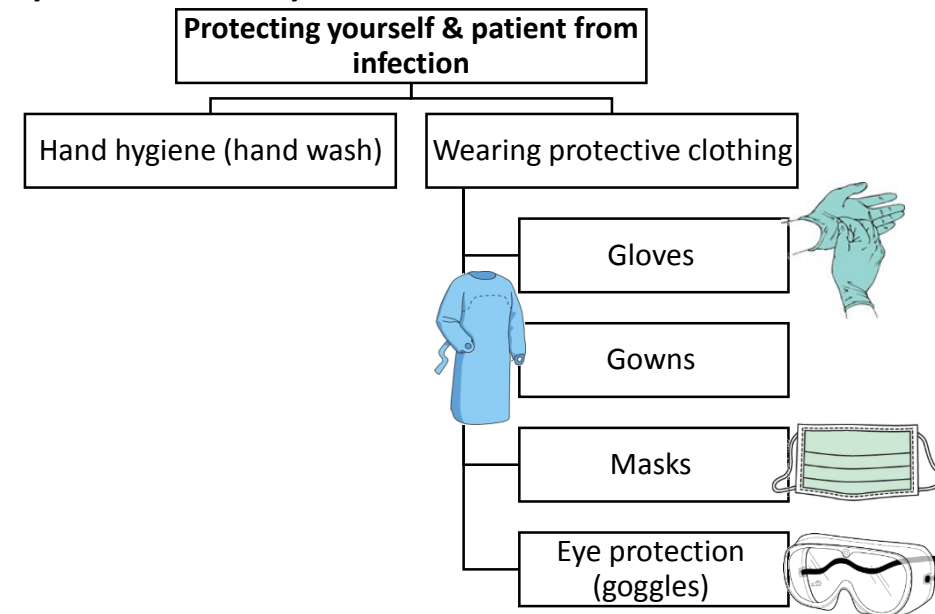
If the cut is small (capillary bleeding)

1. Wash under running water
2. Apply dressing such as plaster



Lesson8: Hygiene and infection control

How to protect yourself & casualty from cross infection "contamination"?



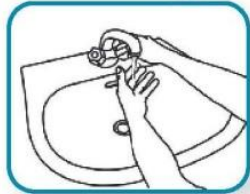
How to wash and dry hands with liquid soap and water

 Duration of the entire procedure: **40–60 secs.**

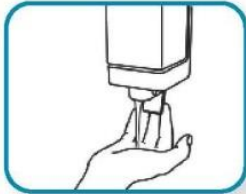
3 Palm 

Lock 

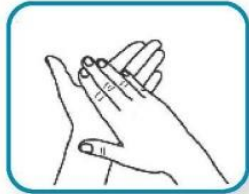
2 Rotation 



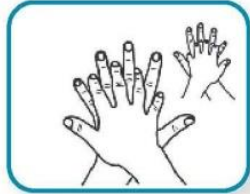
Wet hands with water



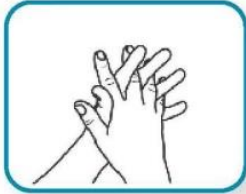
apply enough soap to all hand surfaces



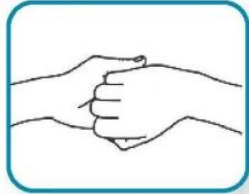
rub hands palm to palm



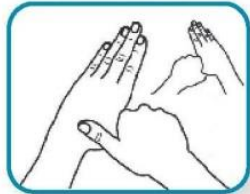
right palm over left dorsum with interlaced fingers and vice versa



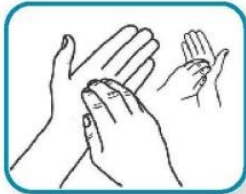
palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



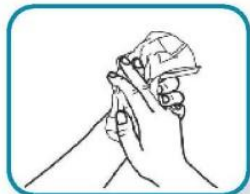
rotational rubbing of left thumb clasped in right palm and vice versa



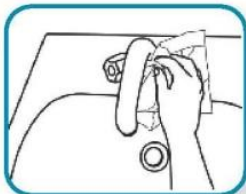
rotational rubbing, backwards and forwards with clasped fingers of right hand in palm and vice versa



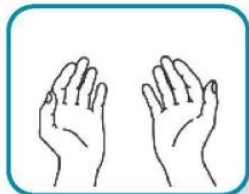
rinse hands with water



dry thoroughly with single use towel



use towel to turn off faucet



...and your hands are safe.

How to wash hands properly?

1	Wet your hands
2	Apply soap
3	Rub hands <u>palm to palm</u>
4	Rub one <u>hand over the other</u> with fingers <u>interlaced</u>
5	Rub <u>palm to palm</u> with fingers <u>interlaced</u>
6	Rub back of fingers with the opposite palm, fingers <u>interlocked</u>
7	Rotational rubbing of <u>thumb</u> against opposite palm
8	Rotational rubbing of <u>clasped fingers</u> against the opposite palm
9	Rinse hands with water
10	Dry hands with a towel
11	Use the same towel to close the tap

How to remove gloves safely?



1) Grasp the inside of one glove & careful not to touch bare skin.



2) Peel off the glove turning it inside out.



3) Hold the removed glove with gloved hand.



4) Peel off the second glove by inserting your fingers inside it.



5) Turn the glove inside out leaving the first glove inside the second.



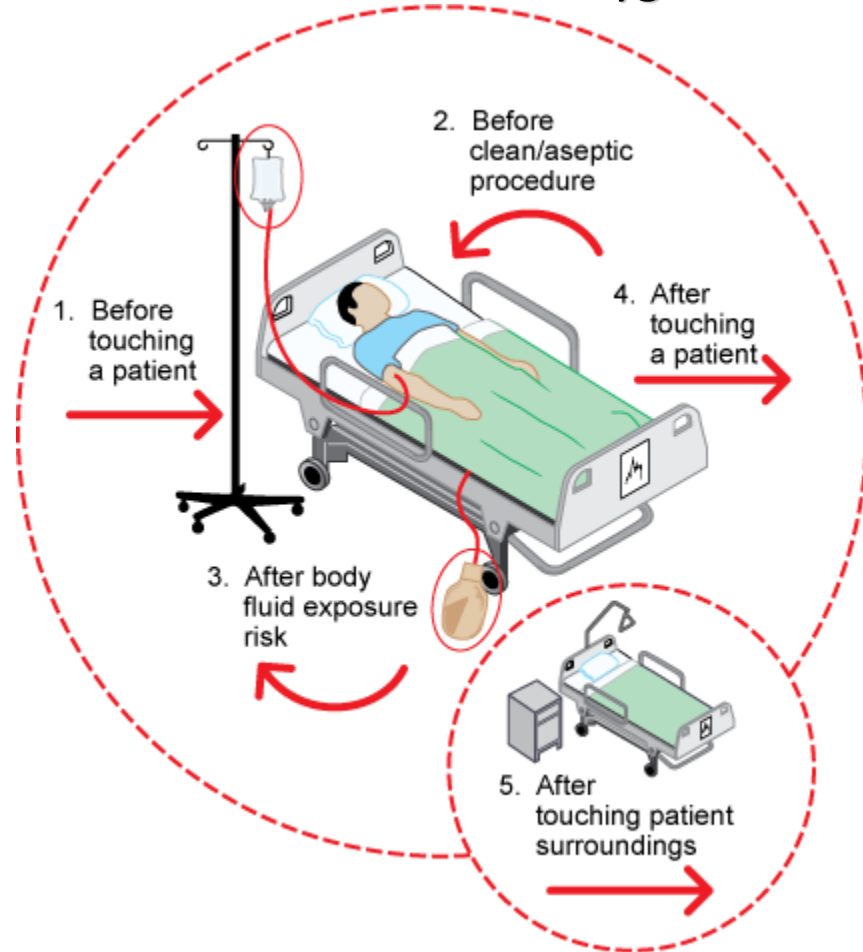
6) Dispose the gloves safely (don't reuse the gloves)



7) Wash your hands immediately.

How to reduce the spread of disease in a clinical setting?
Washing hands (hand hygiene)

5 moments for hand hygiene



Best of luck: Maitha Taleb Saeed

To protect the patient from your germs **(before)**

To protect yourself & healthcare environment from patient's germs **(after)**

1,2

3,4,5

Precautions to reduce contamination:

1) Standard precautions:

- Hand hygiene
- Wear PPE
- Safe use & disposal of sharp objects
- Environmental cleaning
- Disinfecting medical equipment
- Respiratory hygiene (e.g. coughing into a tissue)
- Waste management
- Clean linen (bed sheets)



FOLLOW STANDARD PRECAUTIONS

2) Transmission-based precautions:

A) Contact precautions:

- Keep the patient away from others
- Wear PPE
- Avoid transporting the patient
- Use disposable patient-care equipment when possible
- Clean & disinfect the room

B) Droplet precautions:

- Put a mask on the patient
- Keep the patient away
- Use PPE
- Avoid transporting the patient

C) Air precautions:

- Put a mask on the patient
- Put the patient in an airborne infection isolation room (AIIR)
- Let only healthcare professionals with strong immune system deal with the patient.
- Use PPE
- Avoid transporting the patient
- Immunize anyone who comes into contact with the patient

When to use precautions?

When a disease is already present to reduce the risk of it spreading further.



CARTOONSTOCK.com

Search ID: pjun1112

Phil Judd

"Let me guess...it's contagious!"



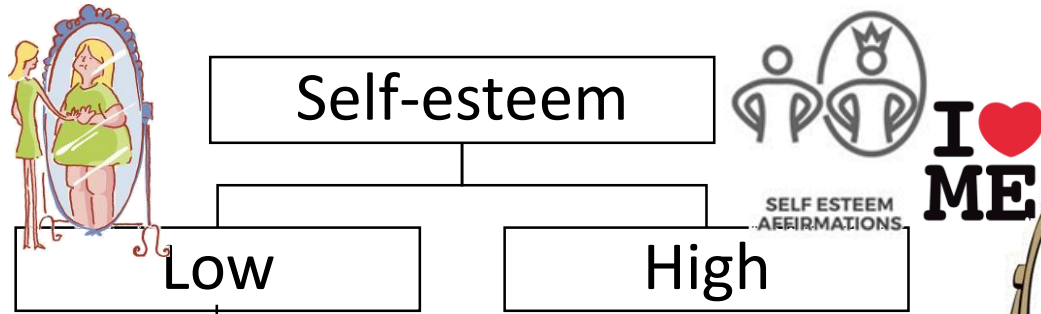
CARTOONSTOCK.com

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Phil Judd

Self-esteem: how you think & feel about yourself.
Self-esteem is not about perfection it is about accepting yourself even with your faults.

If you want to recognize or rate your self-esteem ask yourself:
"Am I important and do I see value in myself?"



Signs:

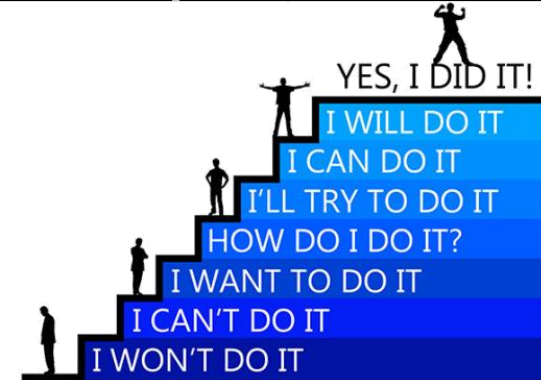
1. Think or say negative things.
2. Focus on your negatives.
3. Criticize yourself harshly.
4. Ignore achievements.
5. Felling sad/ depressed/ anxious/ ashamed/ angry.

People with low self-esteem are more likely to have:

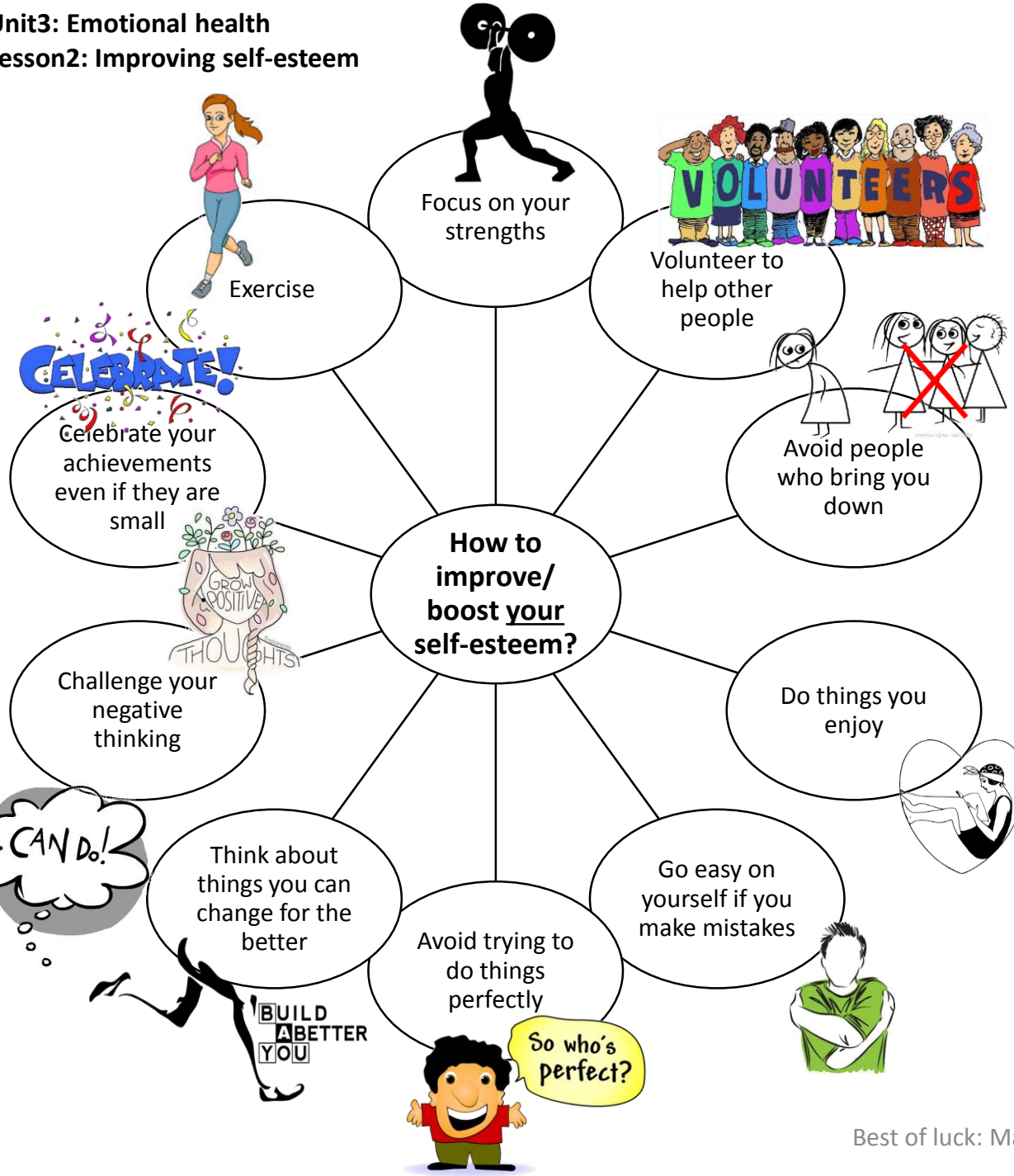
- * Negative relationships.
- * School problems.
- * Become upset easily.
- * Withdraw from activities & gatherings.
- * Body image problems.
- * Weak against peer pressure.



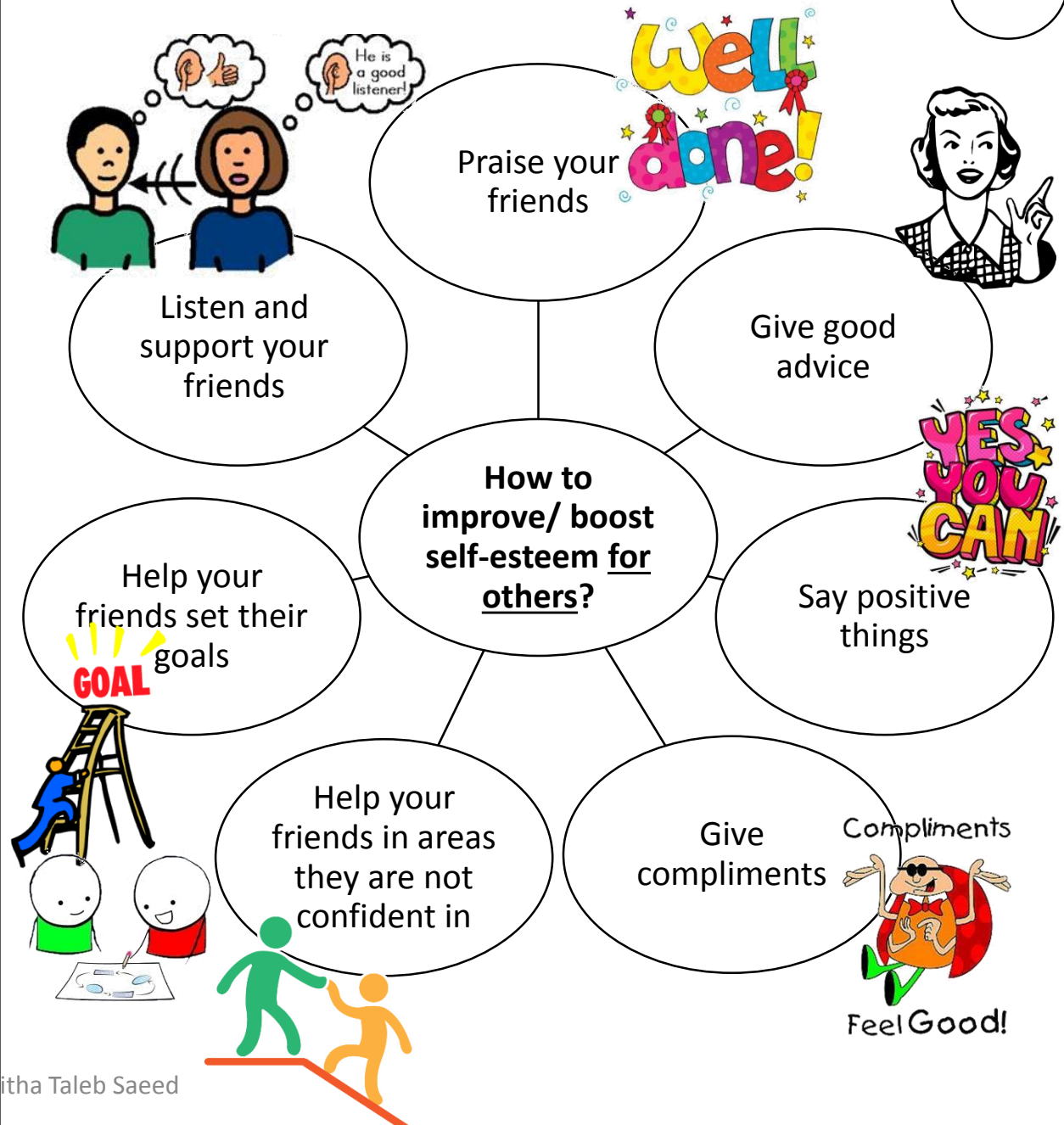
Self-esteem vs. self-confidence	
Self-esteem	Self-confidence
Feelings: love/ hate yourself	Ability to do something



How to improve/ boost your self-esteem?



How to improve/ boost self-esteem for others?



How to develop self-esteem? (develop emotional health)

الموقع الإلكتروني: www.almaahj.com

Mark the things that would make you happy:



Stop comparing yourself to others



Compliment yourself regularly



Exercise consistently



Simply Smile



Focus on your accomplishments



Get the support you need to succeed



Make a list of all your positive qualities


















Eat better



Explore a passion

Treat yourself to something nice

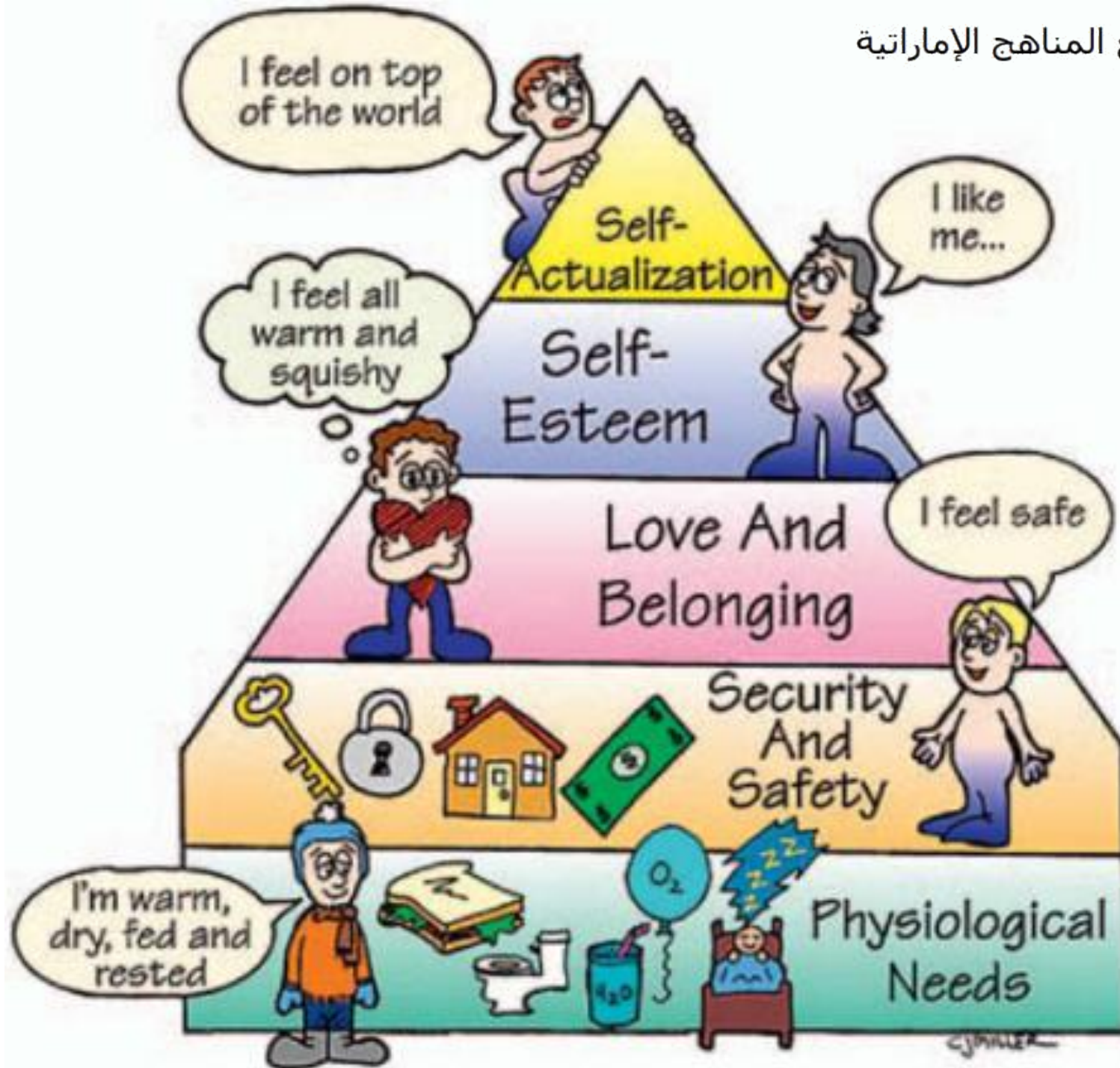


 SHARE WITH SOMEONE <input type="checkbox"/>	 DO SOMEONE'S CHORES <input type="checkbox"/>	 HUG SOMEONE <input type="checkbox"/>
 TAKE CARE OF A PET <input type="checkbox"/>	 HELP MAKE A MEAL <input type="checkbox"/>	 DRAW A PICTURE FOR SOMEONE <input type="checkbox"/>
 CLEAN UP SOMEONE'S MESS <input type="checkbox"/>	 WRITE SOMEONE A THANK YOU NOTE <input type="checkbox"/>	 PLAY A GAME WITH SOMEONE <input type="checkbox"/>
 DONATE OLD TOYS <input type="checkbox"/>	 VISIT A NURSING HOME <input type="checkbox"/>	 READ A BOOK TO SOMEONE <input type="checkbox"/>
 DONATE BOOKS YOU ALREADY READ <input type="checkbox"/>	 MAKE SOMEONE LAUGH <input type="checkbox"/>	 GIVE SOMEONE A HIGH FIVE <input type="checkbox"/>

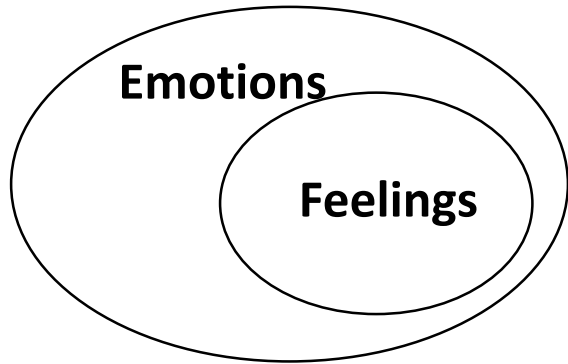


If someone treats you badly, just remember that there is something wrong with them, not you. Normal people don't go around destroying other human beings. positiveresult





Emotions VS Feelings



Term	Emotion	Feeling
Definition	How you <u>feel</u> about yourself and you <u>ability to manage</u> them as you deals with <u>challenges</u> in life.	<ul style="list-style-type: none"> ✓ Body's way of giving meaning to emotions (facial expressions) ✓ They help to understand emotions.

What are the benefits of identifying and managing feelings?

Identifying and managing feeling benefits:





Anger

A feeling of annoyance



Joy

A feeling of happiness



Anticipation

A feeling of excitement



Sadness

A feeling of sorrow or to be unhappy



Disgust

A feeling of disapproval



Surprise

A feeling of shock



Fear

A feeling of anxiety or worry



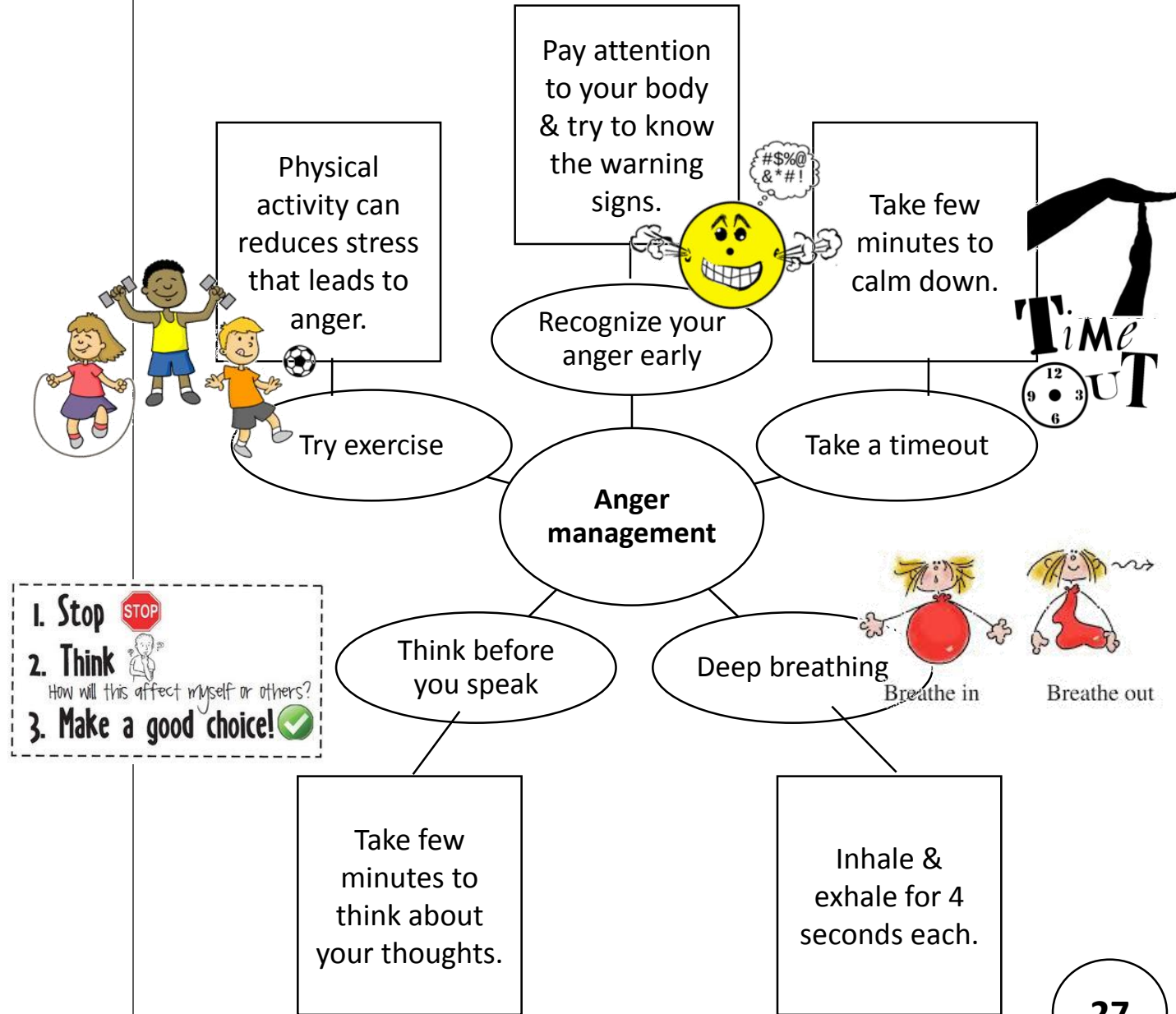
Trust

A feeling of belief in a person or thing

What are anger signs?

Mind goes blank	Insult another person	Face goes red	Start to shake
Start sweating	Throw things	Heavy/fast breathing	Scowl/Make an angry face
Scream, yell or raise voice	Clinch fists	Feel sick to the stomach	Punch walls
Feel hot	Become aggressive/argumentative	Pacing the room	Go quiet & "shut down"
Crying	Headaches	Keep thinking about problem	

Best of luck: Maitha Taleb Saeed

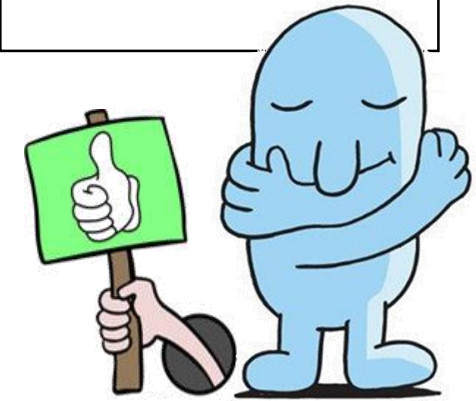




Coping strategies (resilience):
help to deal & adapt to challenging
emotions & situations



**Embrace/ accept
the emotions**



**Think about the
situation and use
reason**

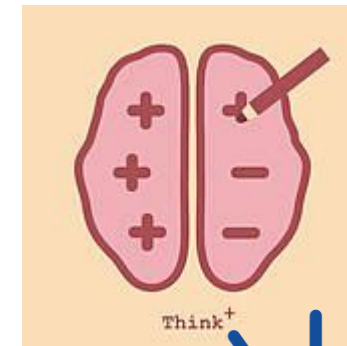
Think how to
overcome the
situation and make it
better & what things
you can change



Learn to relax

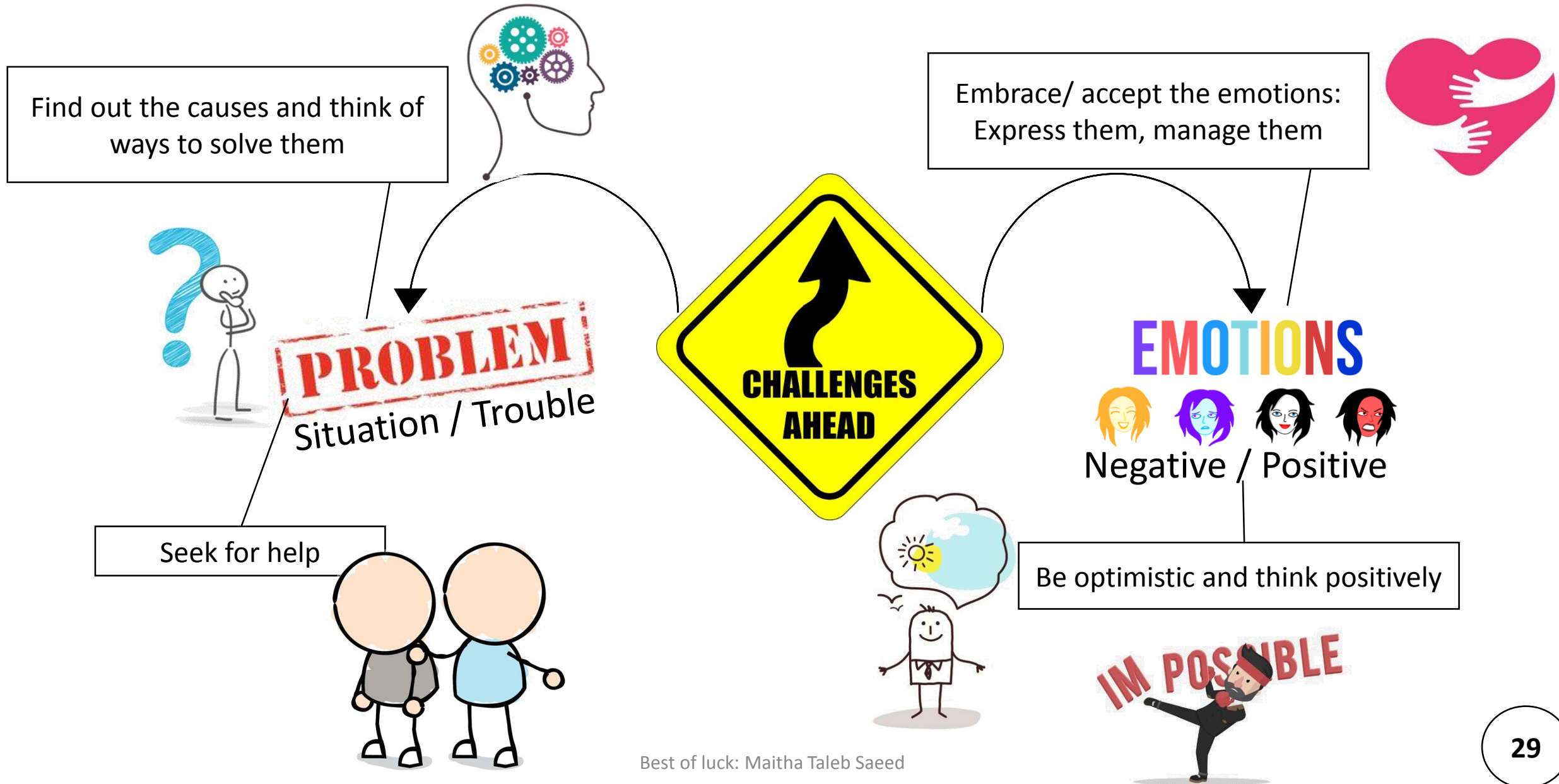


**Positive attitude
and being optimistic**

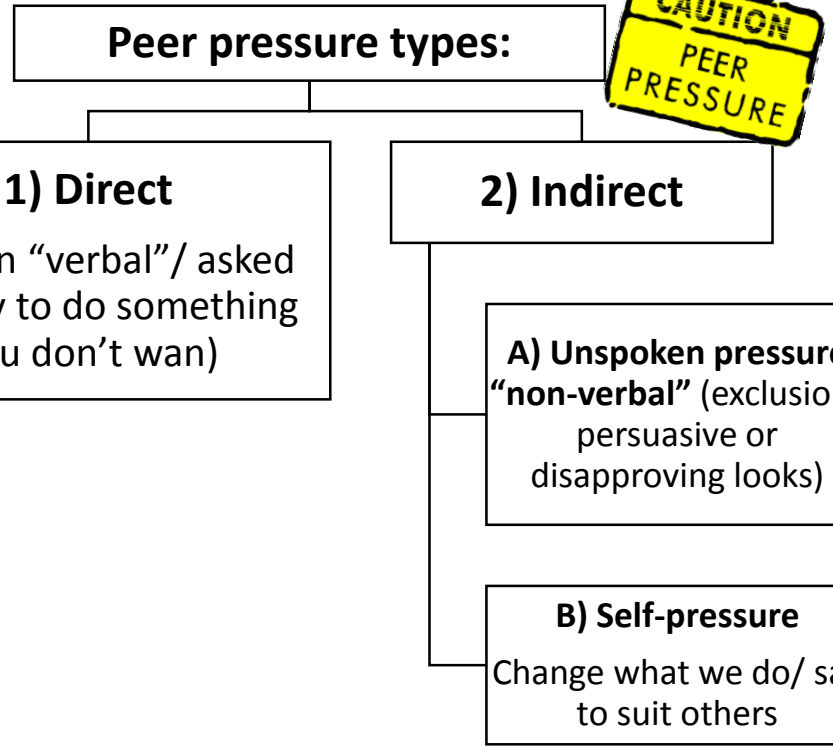


Get support (share
problems with
people you trust)





Peer pressure vs. encouragement		
Term	Peer pressure	Encouragement
Definition:	Things you <u>are forced</u> to do	Good support
Effect on you:	Negative / positive	Positive
From:	<ul style="list-style-type: none"> ✓ Usually people your age ✓ They also can be older or younger than you 	Usually your family members



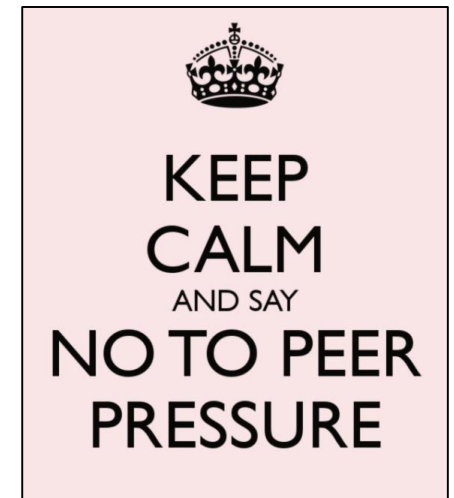
How to resist or refuse peer pressure?

1. **Take some time** to think what is best for you.
2. **Evaluate the suggestion** (is it fun?/ dangerous?)
3. **Express your opinion** clearly and loudly.
4. **Clarify** and try asking further questions.
5. **Be assertive** and say "NO".
6. **Share the problem** with a good friend.

How To **STOP** PEER PRESSURE



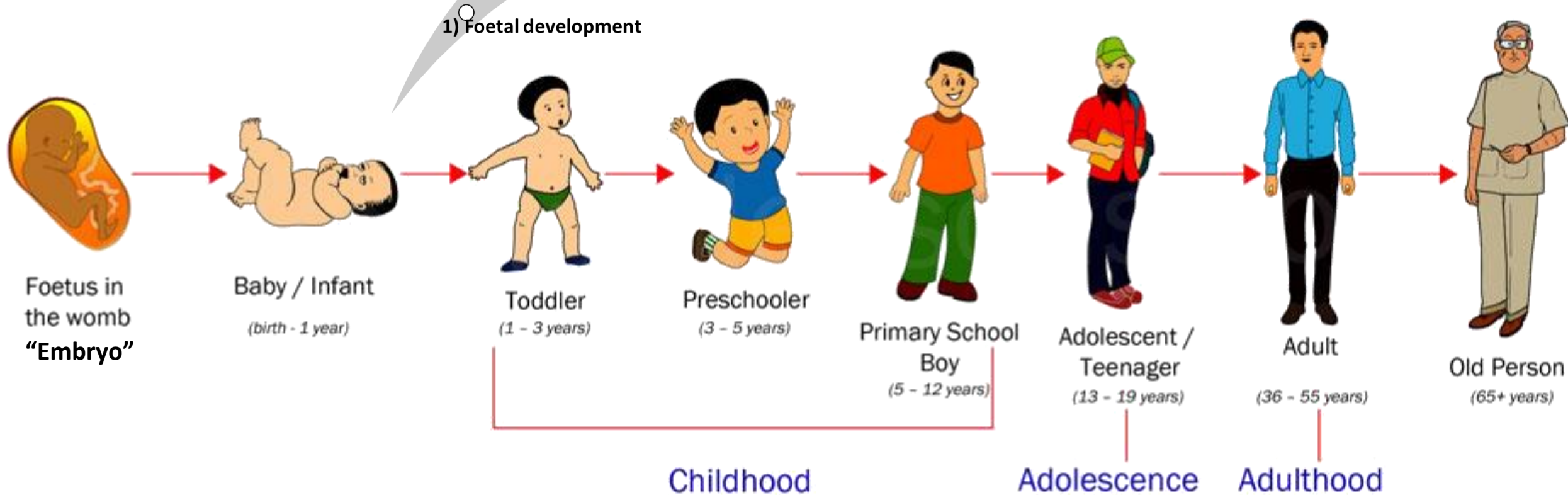
You should be assertive and say "NO" clearly!



Stages of human life cycle

Note:

- Physical/ emotional & social changes occur at each stage.
- Personal needs also change.



Week of development	Physical characteristics
0-7	Fertilized egg (zygote)
8	Group of cells (foetus/ embryo)
10	Start of official foetus stage which include the development of: <ul style="list-style-type: none">✓ Heart✓ Nervous tissue✓ Gastrointestinal tract (digestive system)✓ Distinguishable limbs
14	Develop of male/ female physical characteristics
13-16	Development of: <ul style="list-style-type: none">✓ Skeleton (mostly cartilage)✓ Muscles and the foetus starts to move✓ Pancreas & liver will start secreting enzymes & hormones
19	Heart beats can be clearly heard using a stethoscope
23	<ul style="list-style-type: none">✓ The lungs & alveoli (air sacs) will develop✓ Nervous system starts to function
31	All tissues & body systems are present
36-40	Foetus in considered to be full-term

Fetal Growth From 8 to 40 Weeks





ثُمَّ جَعَلْنَاهُ نُطْفَةً فِي قَرَارٍ مَّكِينٍ

We then placed him as a sperm-drop in a place of settlement, firmly fixed



ثُمَّ خَلَقْنَا النُّطْفَةَ عَلَقَةً

Then We made the sperm-drop into a clinging clot



فَخَلَقْنَا عَلَقَةً مُضْغَةً

and We made the clot into an embryonic lump [of flesh]



فَخَلَقْنَا مُضْغَةً عِظْلًا

and then We create within the embryonic lump bones



فَكَسَوْنَا الْعِظَامَ لَحْمًا

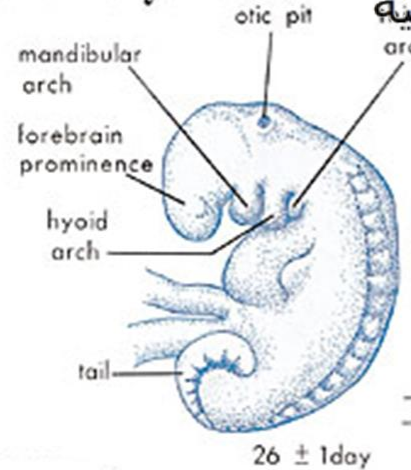
and We covered the bones with flesh



ثُمَّ أَنشَأْنَاهُ خَلْقًا آخَرَ

then We developed him into another creation

A. Embryo

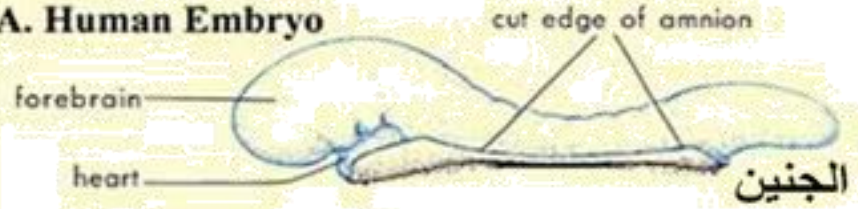


Actual size

26 ± 1day



A. Human Embryo



B. Leech



Infant (0-1 year)

Physical development (growth)

Weight:
6 months old: doubles
1 year old: triples

Length:
2 years old: 25-30 cm

Brain weight
At birth: 25% of an adult's brain
2 years old: 80% of an adult's brain

Reflexes

Automatic reactions in response to certain things

Motor skills

Physical abilities of a person

Health

Things to insure infant's health:
*Correct nutrition
*Hygiene
*Medical care (immunization by vaccination)

Vaccine: injecting a very small amount of weak or dead virus or bacteria which activate your immune system.

- ✓ Infant mortality: percentage of babies that die within the first year.
- ✓ According to (WHO) UAE's infant mortality rate is 1%.
- ✓ Deaths causes:
 - Birth defects (e.g. heart problems)
 - Complications during pregnancy
 - Sudden infant death syndrome (SIDS)

National immunization program starts from birth

Vaccination

Single dose (one injection)

Multiple dose (needs more than one injection to activate the immune system)

Combined dose (more than one disease is covered by only one injection)

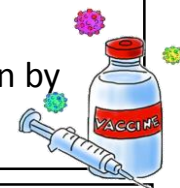



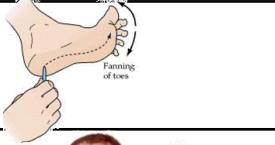



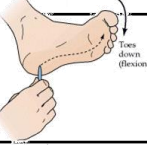



Vaccine (weakened pathogens)








Activate immune system

White blood cells produce antibodies

Antibodies destroy pathogens



Reflex	Stimulus/ action	Picture
Blinking	An infant will close their eyes when there is a gust of wind.	
Babinski	An infant will twist their foot inwards and fan their toes when you stroke the side of their foot.	
Babkin	An infant will turn their head and open their mouth when you put pressure on the palm of both hands.	
Grasping	An infant will grasp when you press something against the palm of their hand.	
Moro	An infant will arch their back and throw their arms outwards when they hear a loud noise or something surprises them.	
Plantar	An infant will curl their toes when you touch their foot.	
Rooting	An infant will turn their head towards where the touch came from and attempt to suck when you stroke their cheek.	
Stepping	An infant will try to step or walk when you hold them just above a surface.	
Sucking	An infant will begin to suck when you put something such as a finger in their mouth.	

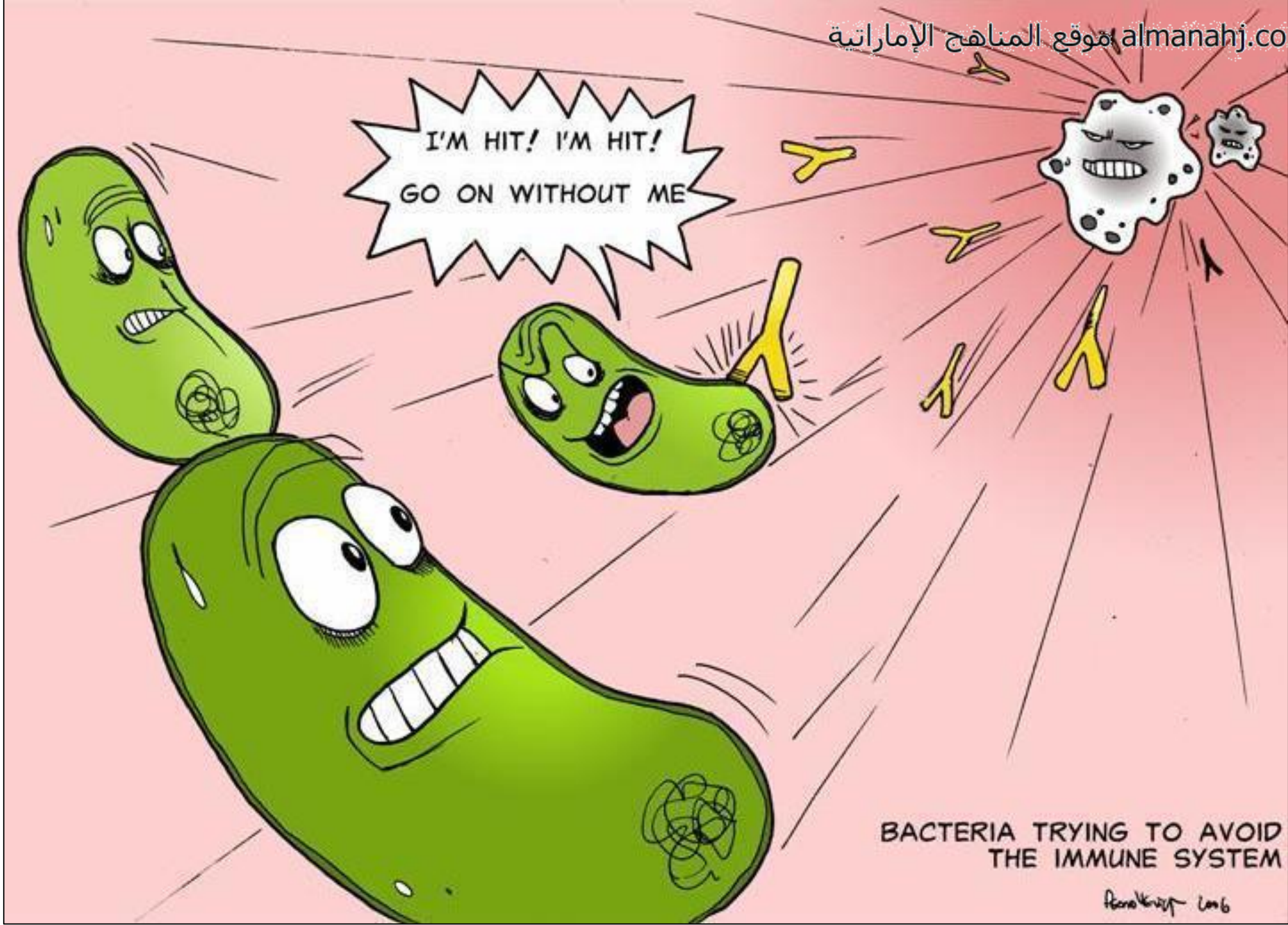
Month	Motor skill	Picture
1	An infant is may be able to lift their chin while lying on their stomach	
2	An infant is may be able to raise the chest off the ground	
4	An infant is may be able to hold small toys & sit up with support	
5	An infant is ,may be able to roll over	
8	An infant is may be able to sit without support	
10	An infant is may be able to stand with support	
10-14	An infant may be able to stand on their own & start to walk	

Vaccines are like a training exercise for your body. They use dead or damaged viruses to provoke an immune response, without having to get sick.



From there, your body has time to develop the proper antibodies and form an immunity.





I'M HIT! I'M HIT!
GO ON WITHOUT ME

BACTERIA TRYING TO AVOID
THE IMMUNE SYSTEM

Abdulkarim 2006