

Immunity, how does it work?



The world around us is packed with germs like bacteria and viruses.

Our body works hard to protect us from germs by stopping them from entering our body or by wiping them out when they do get inside us.

One way our body stops harmful germs from entering our body is by our skin which provides a shield that covers us and stops germs from getting inside us.

When we breathe in nasties, our body can catch them with sticky mucus in places like our lungs which traps germs and can breakdown them down. Then tiny little hairs move the mucus up away from our lungs so we can cough it out of our body.

But sometimes these defences are not enough and some germs and viruses are able to invade our body. This is when our immune system prepares and arms itself for war!

We have a network of cells inside us that travel around our body looking for things that are not part of us. When we have been invaded by germs, bacteria or viruses – these cells find them, bite off a piece of them and then shows the chewed off piece to our immunity defence force until it finds the soldier that has the right weapon to fight the invader. Our body then makes lots of copies of that soldier with the right weapon and launches a ruthless attack on the invaders.



When the invader has been defeated, the copies of soldiers die but the original soldier remains alive with a strong memory of what that invader looks like. If the invader should try to hurt us again, our immune system will be quicker at knowing what to do before the invader can cause damage.

How amazing we are!

When we have vaccinations, we are receiving a piece of an invader that the roaming cells pick up and take to the right immunity soldier with the right weapon. Our body makes lots of copies of the soldier, attacks the invading piece of germ, bacteria or virus and then creates a memory of that invader so that if we come into contact with it again, our immunity will fight it before it can do any serious and permanent damage.



If you would like to talk about vaccines for yourself or your whanau, I can be contacted at the Dargaville Te Ha office 09 439 3013. Or if you prefer to speak with Dr Herman, you are also welcomed to pop in at our outreach clinic held at Aranga school every first Tuesday of the month.

“E iti noa ana nā te aroha”
A little something given with love,
Kristene from Te Ha Oranga