

Tetanus: Disease Villain!

[Announcer] This program is brought to you by the Centers for Disease Control and Prevention.

[Chris] Hi kids! Welcome to CDC Kidtastics Radio! I'm Chris Kidtastic. Today, we're talking about tetanus.

[Kaya] It's a germ that hangs out in dirt and inside animals and people, but it can make you sick if it gets in your body through a cut or a scrape. Picture it. These germs are swarming in the dirt and all around a rusty nail when you step on the nail with a bare foot. Ouch! And with that, tetanus has found its way in.

[Caydan] About three out of 20 people who get tetanus die from it. If you get a tetanus shot, you're protected from it.

[Karmen] Tetanus causes severe muscle spasms; that's when your muscles tighten. The spasms can be so bad that they make it hard to breathe and can even break bones! They can also cause such intense stiffness that you can't open your mouth.

[Chris] You can't pass tetanus to your friends.

[Kaya] The good news is, there's a shot to protect you from tetanus. The shot teaches your body how to fight tetanus, but it won't make you sick.

[Caydan] The shot will protect you as long as you get it every 10 years.

[Karmen] But don't stop there. Be a clean freak. Clean all cuts and scrapes really well with soap and water. Take extra special care cleaning cuts from anything that's been outside, such as dirty glass or rusty metal. Keep cuts and scrapes covered so they can heal. Even if a scrape doesn't look dirty to you, remember that to tetanus, it can look like a big doorway into your body.

[Chris] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

[Announcer] For more health information, go to cdc.gov or call 1-800-CDC-INFO.