

Name \_\_\_\_\_

## Decoding Symptoms: How Your Body Reacts to Pathogenic Infections

### Open-Ended Response Answer Key

1. It's important to get plenty of rest during an infection because it allows the body to conserve energy and focus on fighting off the invading pathogens. Rest also helps reduce stress on the body and promotes faster recovery.
2. One method for staying hydrated during an infection is to drink plenty of water, herbal tea, or clear broths. Staying hydrated is important because it helps support the body's immune response, prevents dehydration, and helps flush out toxins from the body.
3. Over-the-counter pain relievers, such as ibuprofen or acetaminophen, can help alleviate symptoms like fever, headache, and muscle pain by reducing inflammation and blocking pain signals in the brain.
4. Non-medical remedies that can help ease symptoms during an infection include getting plenty of rest, staying hydrated, eating nutritious foods, using humidifiers to ease congestion, and trying natural remedies like ginger for nausea or honey for sore throat relief.

