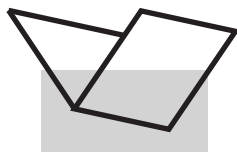
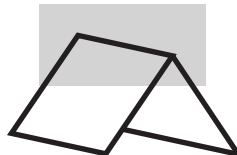


Note

valley fold - downward fold



mountain fold - upward fold



highlighted points to pay attention to





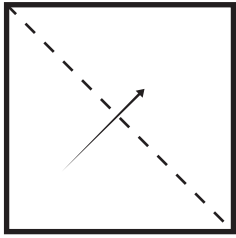
VIRUSES AND THE FLU

Viruses are the smallest of microbes. Incapable of reproducing on their own they hijack our bodies cells to replicate, and in the process often cause disease. At this time of year for instance influenza viruses often result in the Flu. Common symptoms include coughing, sore throat, muscle pain and a high fever. Around 10% of adults, and 20% of children, are thought to get flu every year, and the majority of these cases result in mild illness. Flu can however be more severe in some individuals.

Worldwide, flu epidemics kill up to 650,000 people each year, and influenza viruses have the potential to cause pandemics, which can threaten millions of lives. Yearly vaccination with the seasonal influenza vaccine can however provide us with protection against the Flu, limiting symptoms and spread of the disease. Read all about vaccines on the British Society for Immunology's website:

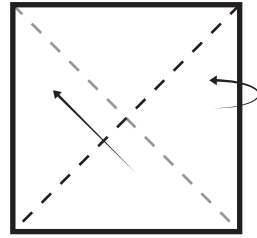
<https://www.immunology.org/celebrate-vaccines>

1



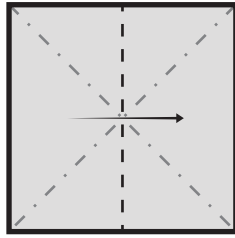
Fold corner to corner and open again

2



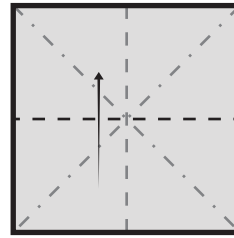
Fold corner to corner, open again & flip over

3



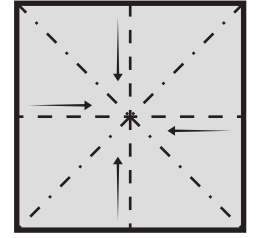
Fold along the middle and open again

4



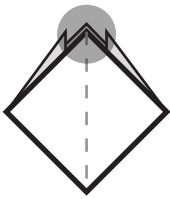
Fold along the middle and open again

5



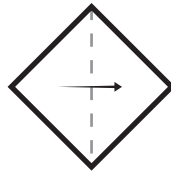
Fold along score line to make a square base

6



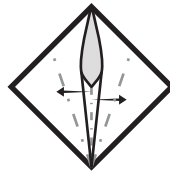
It should look like this. Keep the open side up

7



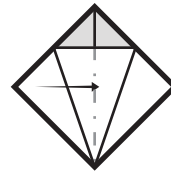
Fold one of the four flaps upwards

8



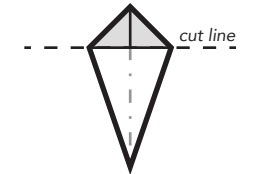
Flatten the flap, creating two new crease lines

9



Repeat the previous step to all flaps (3x)

10



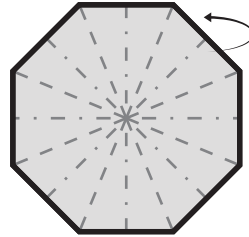
With scissors, cut off the section above the cut line

11



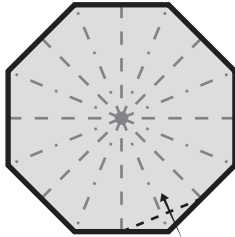
Open up the paper to expose all the creases

12



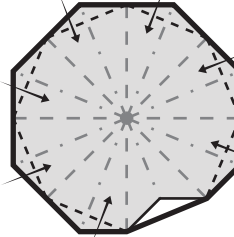
Flip over the paper for the convex side

13



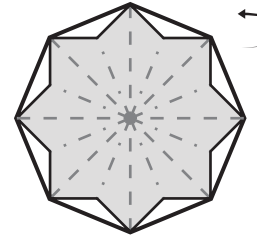
Fold along the line to create a small triangle

14



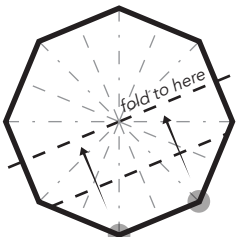
Repeat the previous step to all edges (7x)

15



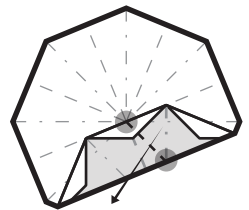
Flip the paper around

16



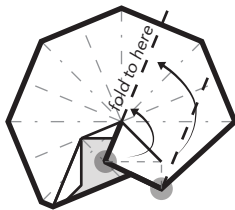
Fold both corners to the fold line in the centre

17



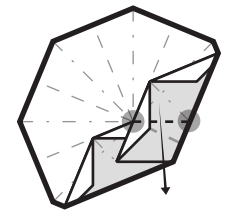
Fold small score line, bringing the fold down

18



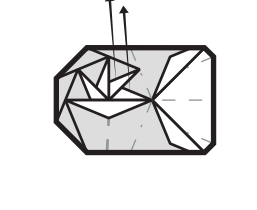
Fold both corners to the fold line in the centre

19



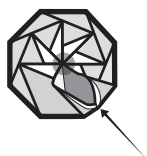
Repeat step 17 - 18 until there are 5 spokes

20



Pull out the folds from the first 2 spokes to continue score lines for the rest

21

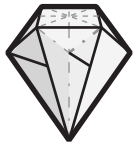


To secure the last spoke, press flap down to the centre

22



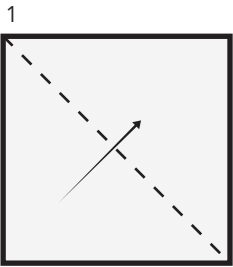
Fold down the flap to complete all spokes



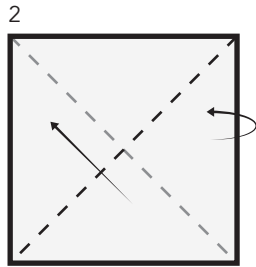
T CELLS AND ADAPTIVE IMMUNITY

The adaptive immune response is the part of the immune system that has the ability to learn and remember. The reason that vaccines are effective in protecting us from disease is because they harness this adaptive immune response. T cells are part of the adaptive immune response. They recognise infected cells, connect with them and destroy them. They can also direct the rest of our body's immune system, making sure it generates the ideal response to a particular type of infection.

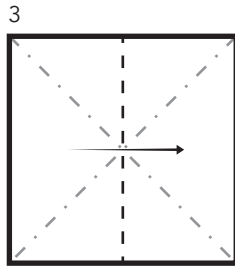
Vaccines can produce protective T cells.



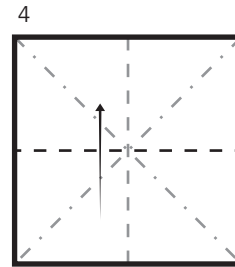
1
Fold corner to corner and open again



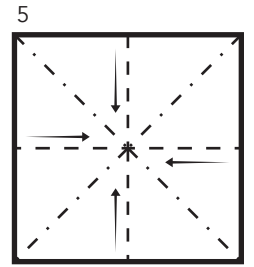
2
Fold corner to corner, open again & flip over



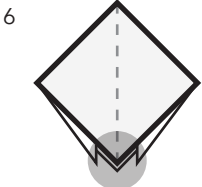
3
Fold along the middle and open again



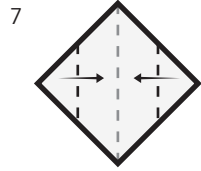
4
Fold along the middle and open again



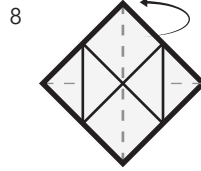
5
Fold along score line to make a square base



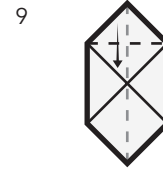
6
It should look like this. Keep the open side down



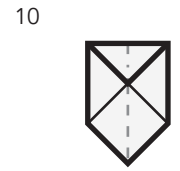
7
Fold the corners to the middle score line



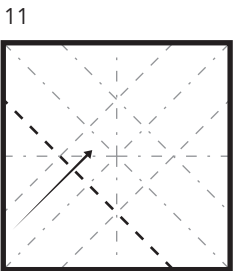
8
Flip over the paper to repeat step 7



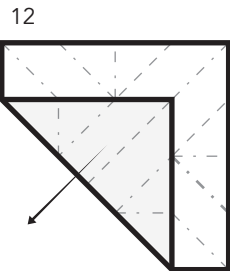
9
Firmly fold the corner to the middle



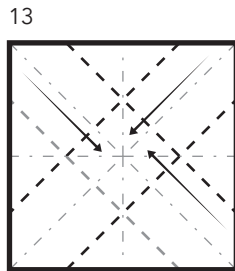
10
Open up the paper to expose all creases



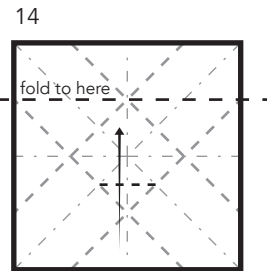
11
Recrease existing score line to be a valley fold



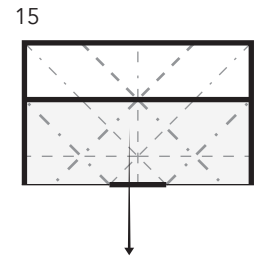
12
Open up the previous fold to expose all creases



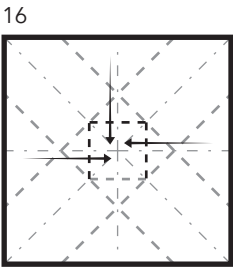
13
Repeat recreasing step 11 - 12 to score lines above



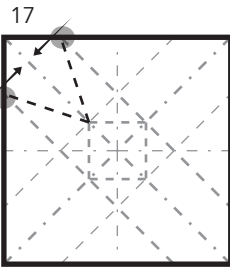
14
Fold edge to fold line to make small score line only



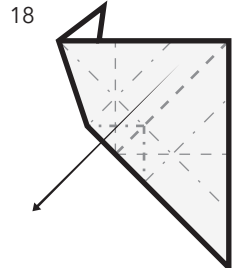
15
Open up the previous fold to reveal score line.



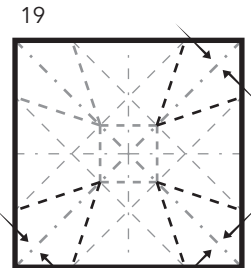
16
Repeat step 14 - 15 to the score lines above



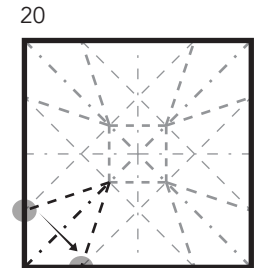
17
Meet the corners and fold to create score lines



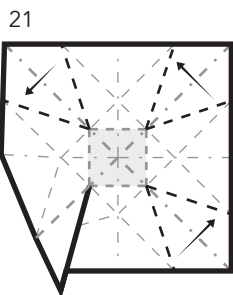
18
Open up the previous fold to expose all creases



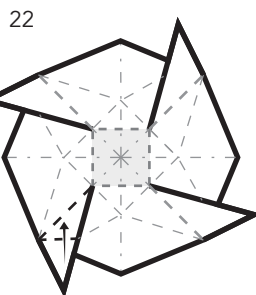
19
Repeat step 17 - 18 to the score lines above



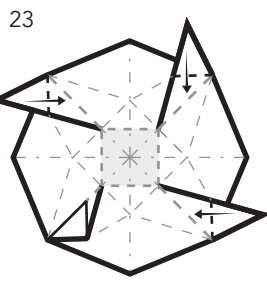
20
Fold corner to corner, then along the mountain fold



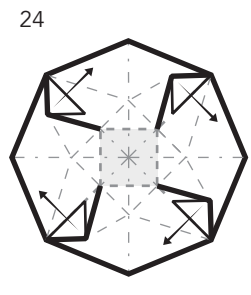
21
Repeat step 20 to the score lines above



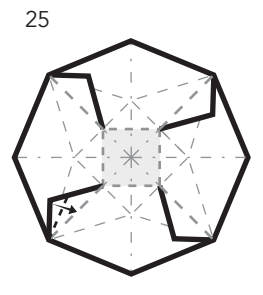
22
Fold along the small score line to tuck in the point



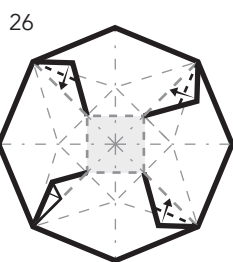
23
Repeat step 22 to the score lines above



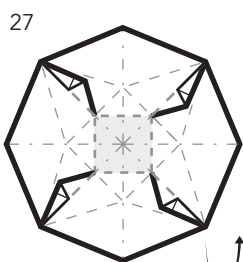
24
Fold over the cornered flaps to the other side



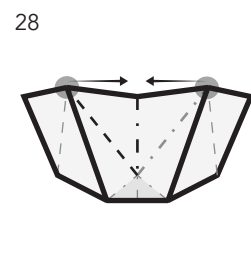
25
Fold along the score line to tuck in the corner



26
Repeat step 25 to the score lines above



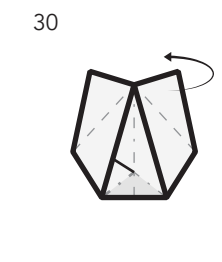
27
Look at the paper from the side profile



28
Bring both corners to the centre to create a flap



29
Insert the flap into the seam line gaps



30
Repeat step 28 - 29 to all corners to create a point and complete



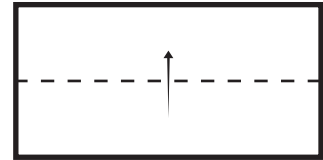
ANTIBODIES

Are small molecules that form part of the adaptive immune response. They are generated by cells called B cells, which can manufacture antibodies designed to bind and rapidly eliminate specific pathogens in response to an infection or to a vaccine. After an exposure antibodies circulate around our bodies in huge numbers.

To read more about our immune systems and their role in health and disease check out the BSI's website:

<https://www.immunology.org/public-information/what-is-immunology>

1



Fold along the middle

2



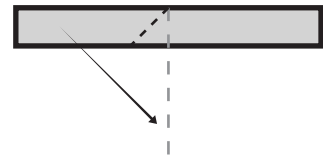
Fold along the middle

3



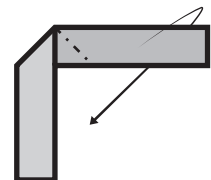
Fold along the middle

4



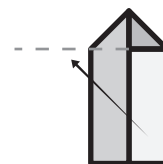
Fold flap to meet the middle

5



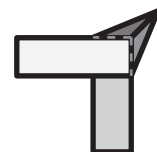
Fold flap behind to meet the middle

6



Shift flap towards dotted line

7



Crease on dotted line

BRITISH SOCIETY OF IMMUNOLOGY

The British Society for Immunology represents scientists and doctors who study the immune system.

A key part of our work is to spark interest in and strengthen understanding of immunology. We aim to ensure that the public benefits from the successes of immunology by communicating with and inspiring a wide range of audiences.

Celebrate Vaccines is the latest campaign from the British Society for Immunology to champion the importance of vaccines and vaccine research in advancing global health. There are resources suitable for all ages on our [Celebrate Vaccines website](#).

Featured resources that you can get involved with include:

- Hands-on activities and games for all ages to try at home. Fun ways to explore how vaccines train the immune system to protect us from disease.
- A collection of scientific drawings of viruses and bacteria for colouring. Suitable for everyone to get creative while learning.
- Animated videos about how vaccines work, how new vaccines are made and the positive impact of vaccines around the world. Watch and find out the power of vaccines.
- A photo gallery showing what a day in the life of a vaccine researcher looks like. Discover what researchers get up to through images and stories.
- Educational materials, including interactive activities, for ages 7 to 14. Find ideas and resources for teaching vaccine immunology at home.
- Our guide to childhood vaccinations provides reliable, evidence-based information, answers to common questions and uncovers the truths behind vaccine myths. Parents can feel confident in making informed decisions about their child's health.

Visit our website immunology.org to find out more about all our free immunology resources.

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