



## Respiratory System Study Guide

The respiratory system brings **oxygen** into our bodies.

**Oxygen** is sent to the blood stream to give energy to all the cells in our body.

We **inhale** oxygen and **exhale carbon dioxide**.

Be able to identify and label the parts of the respiratory system:

- Nose and mouth
- Nasal Passage
- Trachea (windpipe)
- Epiglottis (trap door)
- Larynx (voice box)
- Bronchial tubes
- Lungs
- Alveoli (air sacs)
- Diaphragm (muscle)

The **Heimlich Maneuver** can help someone who is choking.

Some **diseases** of the respiratory system are:

- Asthma
- Laryngitis
- Bronchitis
- Emphysema
- Pneumonia

Ways to keep your respiratory system healthy are:

- Exercise
- Don't smoke or be near someone who smokes (second-hand smoke)
- Eat healthy
- Wash your hands regularly
- Go to the doctor if you have a cough or cold that lasts a while
- Don't do drugs