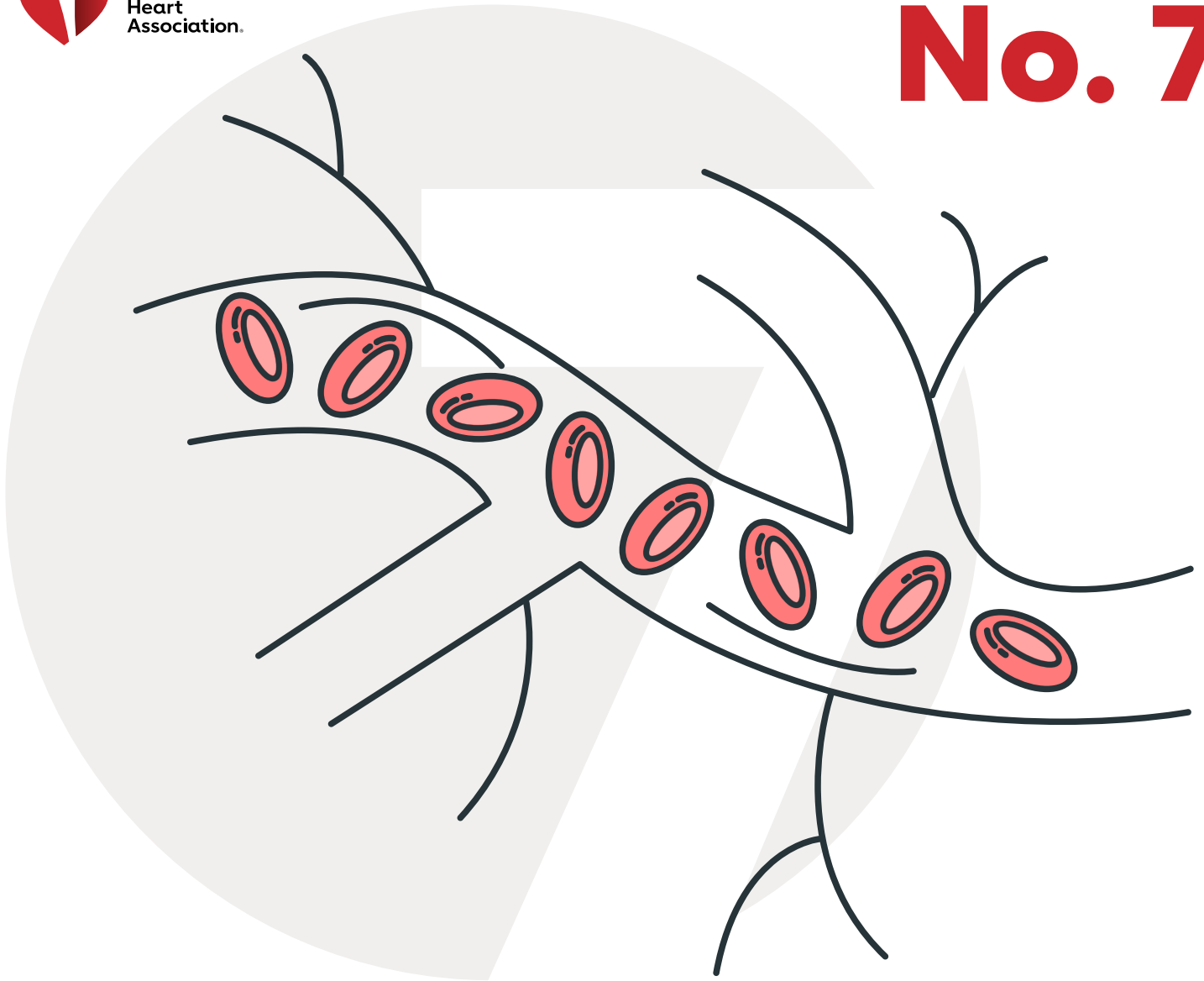




American  
Heart  
Association.

HEART FACTS

# No. 7



Capillaries are the smallest blood vessels in the body. How small are they? About ten of them equal the thickness of one human hair, and most are so small that only one blood cell can pass through them at a time.



## Directions:

Explain that smoking harms your blood cells and blood vessels, including tiny capillaries. Direct small groups of students to research more facts about capillaries, finding one fact for each member of the group. Then have the group share these facts with the class.