

How Our Lymphatic System Works

- Lymph drains into the **lymph capillaries** (tiny vessels)
- Fluid is pushed when the **muscles contract**.
- Lymph goes through the openings of the vessels and takes away any bacteria. This fluid is called **interstitial fluid** and is emptied into large veins in the upper chest.
- Lymph enters the lymph nodes where bacteria and foreign substances are destroyed **macrophages**.
- **Clean** fluid is returned to the bloodstream.

