

NAME: _____

GRADES 3-5 ACTIVITY 1

*Stay in the Game™ -
Get your flu vaccine today!*

Dear Flu Fighter: We need your help! What should we do?

Circle the best answers to help us get a clue!

1. Our friend doesn't feel well, but she still wants to play with us after lunch. What should we do?

- a) Plan to meet her on the playground.
- b) Ask her if she likes cherry cough drops.
- c) Tell her you don't want to get sick and that she should talk to a trusted grownup. Then, tell her to get well soon!

2. We're supposed to go to our neighbor's birthday party, but both of us feel yucky. What should we do?

- a) Tell your parents how you feel, and stay home.
- b) Put on your favorite party clothes!
- c) One of you should go to the party, and one should stay home. Flip a coin to decide!

3. Our cousin Sniffy sneezes and coughs a lot. It's kind of gross. What should we do?

- a) Look the other way.
- b) Tell Sniffy to get well soon.
- c) Politely ask Sniffy to cover her mouth and nose with a tissue when she coughs or sneezes.

4. Our teacher says we should wash our hands often. One of our classmates says we should just pretend. What should we do?

- a) Listen to your classmate. Who will know the difference?
- b) Wash your hands on Monday, Wednesday, and Friday. Don't wash them on Tuesday and Thursday.
- c) Wash your hands often to help protect yourself from germs. Your teacher is right!

5. We both rub our eyes when we're sleepy, but our friend said we're not supposed to. What should we do?

- a) Listen to your friend. To help keep germs from spreading, don't touch your eyes, nose, or mouth. And, make sure you're getting enough sleep!
- b) Rub your eyes as much as you want.
- c) Rub your eyes, but only if you're extra tired.

6. We want to try to stay away from flu. What should we do?

- a) Run as fast as you can!
- b) Get your flu vaccine every year. Then, practice other healthy habits like getting plenty of sleep and washing your hands often to help keep flu away!
- c) Stay at home and don't play with your friends during flu season and you'll be safe.



Did You Know?



- Influenza is also called "the flu"!
- It is a virus that can spread from one person to another and infects the respiratory system – your nose, throat, and lungs.
- Getting the flu vaccine is quick and simple - and is the best way to stay healthy during flu season!
- Make sure to practice other healthy habits, too, like washing your hands, covering your nose and mouth (with a tissue or your elbow) when you sneeze or cough, getting enough sleep, and eating a healthy and balanced diet. This way, you can make sure that you *Stay in the Game*!

How'd You Do?

6 correct: You have more than a clue, Flu Fighter! Thanks for your excellent help and keep spreading the word!

5 correct: You're on your way to helping us stay healthy. Thanks for your help!

4 correct: You're starting to get the idea. Ask your teacher or parent for more tips.

3 or less correct: Ask your teacher or parent for tips to help fight flu. Then, practice them every day to try to keep flu away!

It's Not 'JUST' the Flu - It's a Serious Disease!

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www.familiesfightingflu.org



NAME: _____

GRADES 3-5 ACTIVITY 2

*Stay in the Game™ -
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Can you tell the difference between a cold and flu? Here are some tips to help.



Nasty Headache?

- Rare with colds
- Common with flu

Stuffy Nose?

- Almost always with colds
- Sometimes with flu

High Fever?

- Rare with colds
- Common with flu

Dry, Raspy Cough?

- Not always with colds
- Almost always with flu

Aches and Pains?

- Not so bad with colds
- Really bad with flu

Very Tired?

- Not always with colds
- Almost always with flu

Remember:

- Only a doctor knows the difference for sure.
- If you don't feel well, talk to a trusted grownup like your parents or the school nurse.
- Try to stay healthy and tell your friends and family what you learned so they can help prevent flu, too.

Find the Flu Clues

Now that you know a little bit about the flu, try to fill in the blanks below. The missing words are in the box (each word can be used only once).

Share	Habits	Spread	Washing
Flu	Healthy	Vaccine	Sick

The nickname for influenza is _____. It is common and can _____ from one person to another very quickly.

There are many healthy _____ that you can practice to avoid getting _____. These include _____ your hands often, getting plenty of rest and getting the flu _____ every year.

While sharing toys and games is fun, flu is something you do not want to _____. Keep yourself and your friends _____ during flu season!

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