

NAME: _____

GRADES K-2 ACTIVITY 1

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

Having the flu makes you feel icky, and nobody wants to stay home and miss out on all of the fun, like playing with friends, because you're sick!

Getting the flu vaccine is the best way to stay healthy during flu season — and it is quick and simple! There are other ways to stay healthy, too!



Directions: Review the healthy habits below. Do you practice these habits to help stay healthy? Circle or color in the box with a "Y" for YES, or "N" for NO for each habit. And remember: **healthy habits take practice!**

Healthy Habits to Fight the Flu: Do you...

Cover your mouth and nose with a tissue or your elbow when coughing or sneezing?	Y	N
Clean your hands often with warm, soapy water or hand sanitizer?	Y	N
Make sure you do not touch your eyes, nose, or mouth to avoid spreading germs to others?	Y	N
Practice other healthy habits, like getting plenty of sleep, being active (like riding your bicycle, playing on the playground, helping mom and dad with chores), or eating healthy food?	Y	N
Get your flu vaccine every year?	Y	N
Can you think of another healthy habit? Write it here:	Y	N

Hey, Flu Fighter! You can help your family and friends avoid getting the flu by telling them what you've learned about staying healthy!

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

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www.familiesfightingflu.org

NAME: _____

GRADES K-2 ACTIVITY 2

*Stay in the Game™ -
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Below is a picture of a flu fighter with some "tools" to help you stay healthy! Draw a face on the flu fighter and color in the pictures to show you know how to fight the icky flu with your flu fighting **superpowers!**



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