

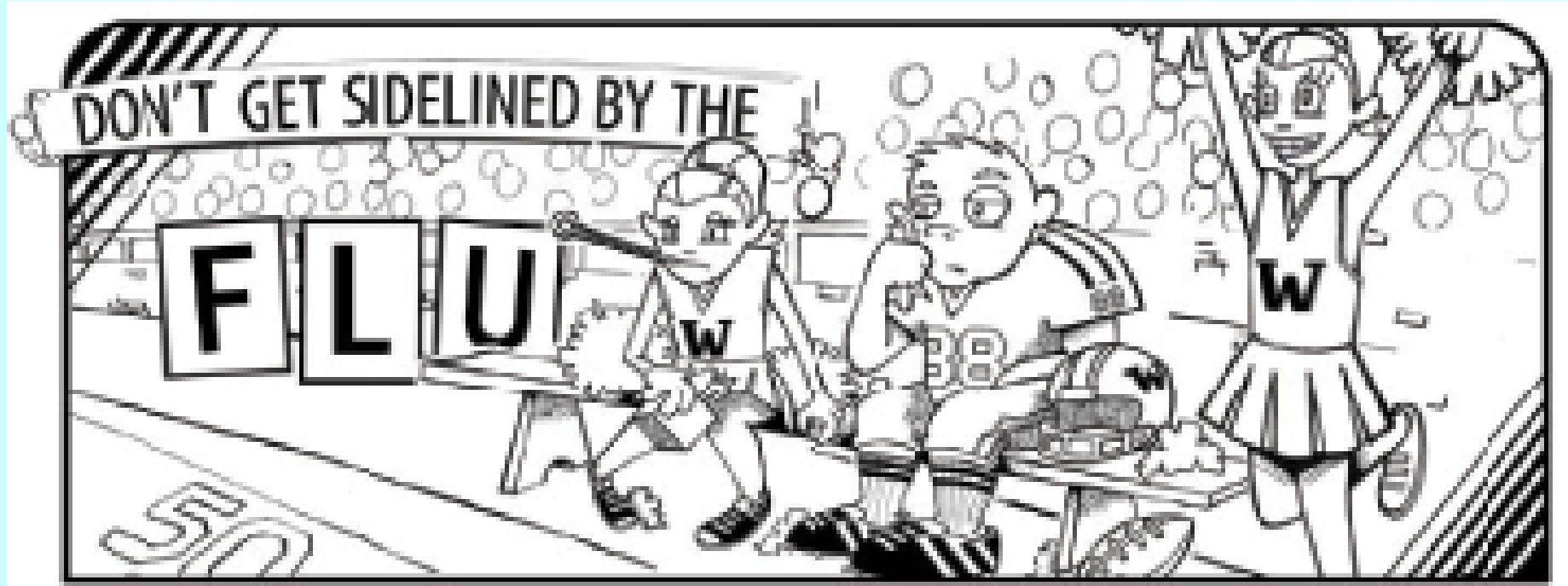
# What You Can Do to Stop the Flu!

Influenza Prevention  
for Elementary Students



**HEALTH**  
DEPARTMENT  
*Caring today for a healthy tomorrow*

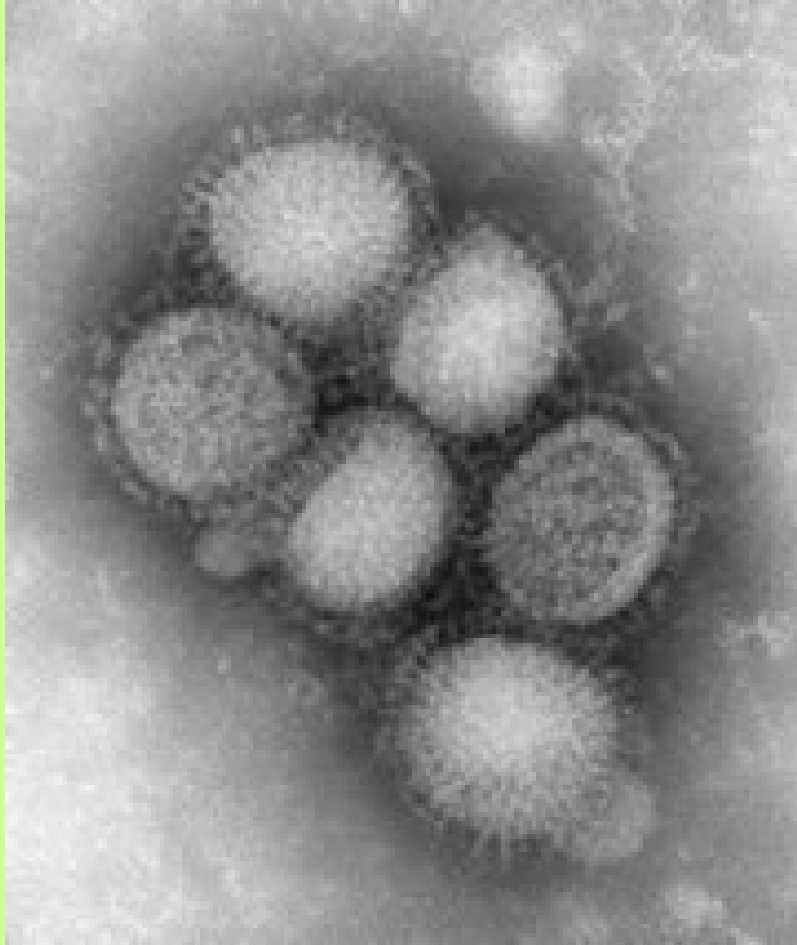
Reviewed  
September 2016



## What is the Flu?

- Flu is a sickness that is caused by little invisible germs.
- Flu germs can cause a respiratory infection that can make you feel sick.
- “Flu” is short for the word “Influenza”.

# Flu Germs are Viruses



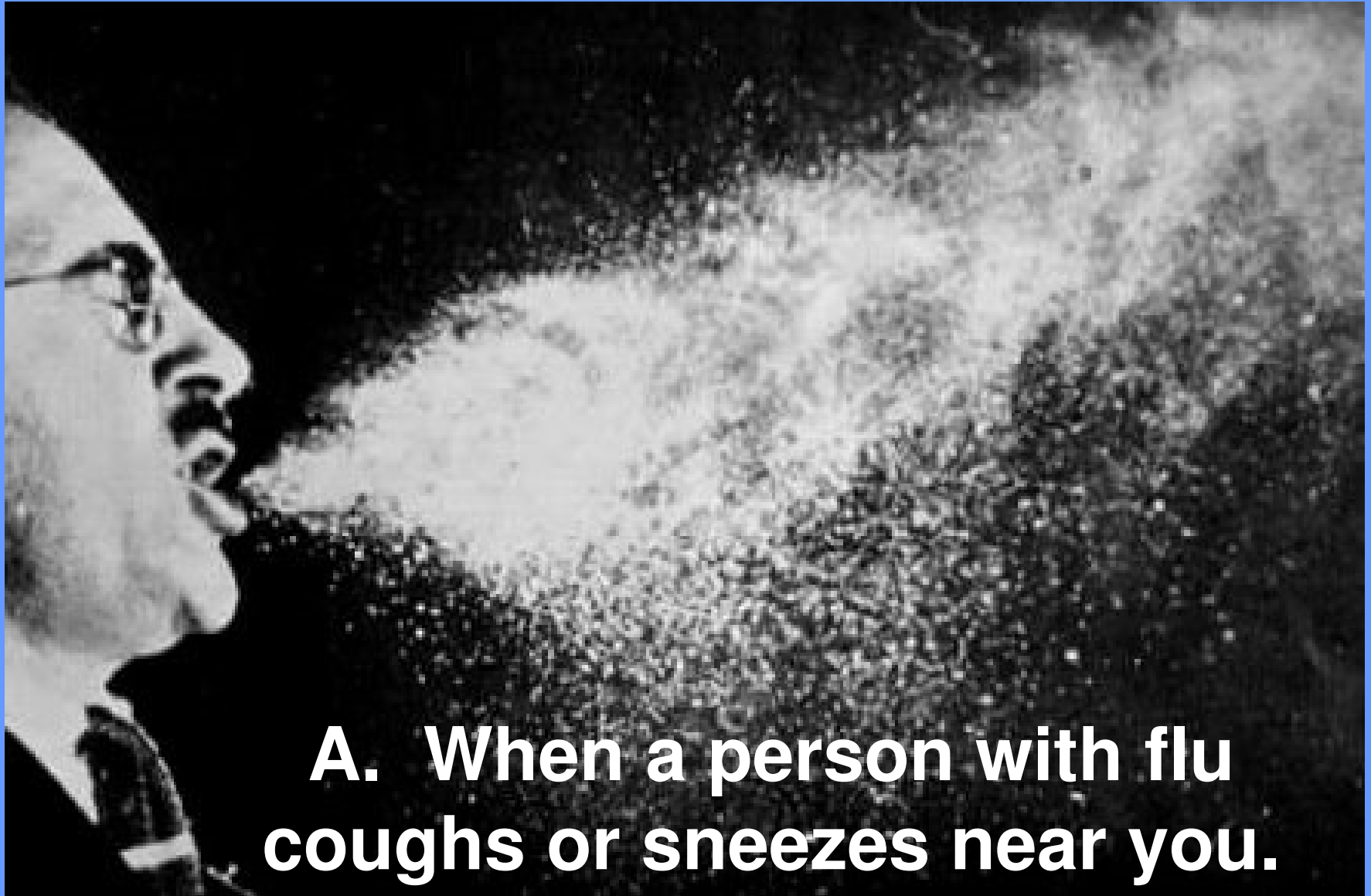
The good news is that you can fight back against flu germs!

**We can do simple things to  
help fight off flu germs.**

Getting a flu shot every year is  
the best way to fight the flu.

Your parents and doctor will let  
you know if this is a good way  
for you to fight the flu.

# How Can Flu Germs Spread?



**A. When a person with flu coughs or sneezes near you.**

**B. When you touch something that has the flu germ on it and then you touch your mouth or nose with your hand.**

**What Are the Top 10 Ways to Spread Germs?**



**CLEAN YOUR HANDS**

Wash with soap & water

 [www.publichealth.va.gov/InfectionDontPassItOn](http://www.publichealth.va.gov/InfectionDontPassItOn)  Department of Veterans Affairs  
Wash 3 - All

# Practice Good Manners



- Cover your mouth and nose with a tissue when you cough or sneeze.

Don't have a tissue?

- Cough or sneeze into your elbow or shoulder if you don't have a tissue.



Then wash your hands or use a hand sanitizer!



# Wash Germs Away!

- **Wash your hands often with soap and water.**
  - Make sure to wash after coughing, sneezing, and blowing your nose!

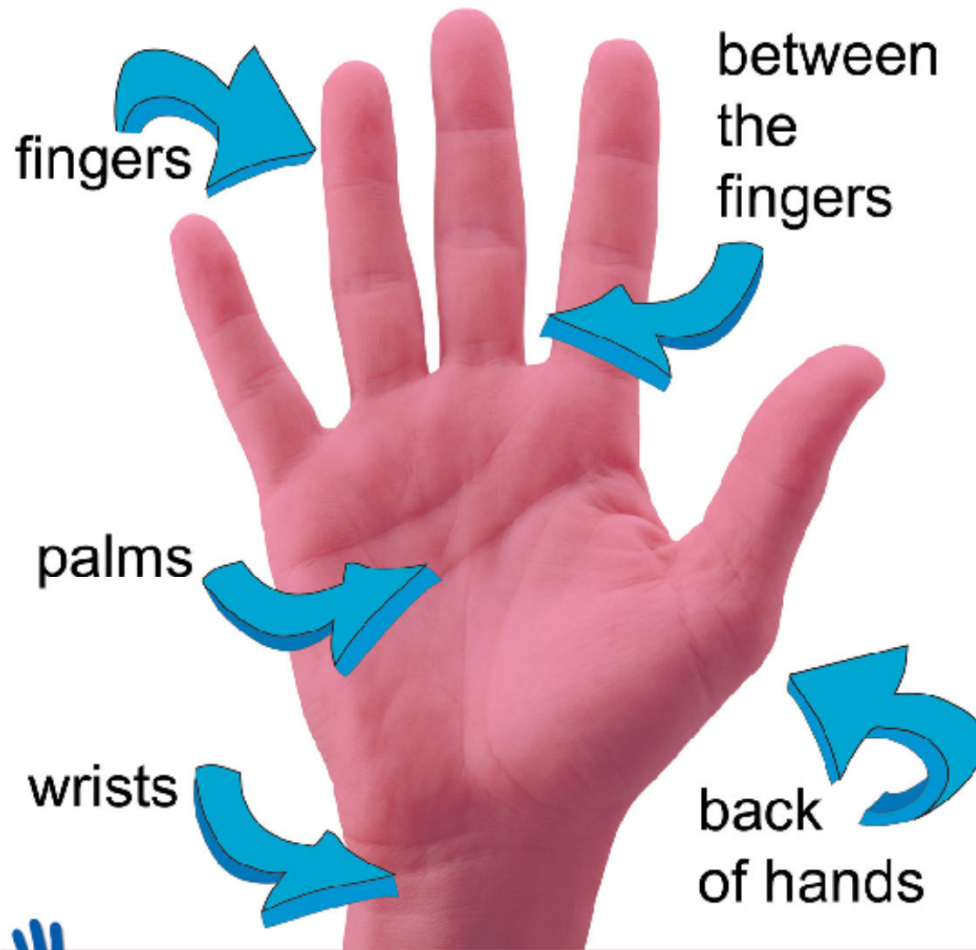




- Wash your hands with soap and water for at least **20 seconds** – this is the time it takes to sing “Happy Birthday” **2 times!**

# WHERE TO WASH

*Wash all surfaces thoroughly*



**What if there's no  
soap and water?**



You can use hand sanitizer.  
Rub the gel or foam all over your hands  
and fingers until they dry.

Why Try to Fight the Flu?

**Because the flu can make you  
feel really sick!**



# Flu Symptoms



- High fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Tiredness
- Runny or stuffy nose
- Sick to your stomach
- Diarrhea

# Stay Home if You Are Sick!

- Keep your germs to yourself!



**Keep 'em  
home!**



[www.flu.gov](http://www.flu.gov) »



# Healthy Habits Can Stop Flu

- **Get enough sleep.**
- **Exercise to stay strong.**
- **Drink lots of fluids.**
- **Eat healthy foods.**
- **Try to stay away from people while they are sick.**







COVER MOUTH AND NOSE



CLEAN HANDS

**Cover Coughs and Sneezes. Clean Hands.**

Be a germ stopper at school — and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

**Clean your hands a lot**

- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best. Wash long enough to sing the "Happy Birthday" song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!

Stop germs. And stop colds and flu.



[www.cdc.gov/germstopper](http://www.cdc.gov/germstopper)



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# We're All in this Together

*Stop germs from spreading!*



**Cover your cough and/or sneeze**  
**Clean your hands**

