

## GRADES 3-5

# BE A FLU DETECTIVE

Find the Clues for Staying Healthy During Flu Season!

### What should you do?

Can you find the best answers to help get a clue about the flu?

#### 1. It's your friend's birthday party today, but you feel sick.

##### What should you do?

- Tell your parents/guardians how you feel and stay home.
- Put on your favorite clothes and get ready to party.

#### 2. Your friend doesn't feel well, but she still wants to play with you on the playground. What should you do?

- Meet her on the playground after lunch - it IS recess.
- Tell her she should talk to a trusted grown up, like a teacher or the nurse.

#### 3. You know you have to wash your hands often, but for how long? What should you do?

- Wash your hands for 20 seconds, or sing "happy birthday" to yourself twice.
- Just wet your hands and walk away.

#### 4. Your sister is sneezing and coughing a lot. What should you do?

- Tell her she's making too much noise.
- Nicely ask her to cover her mouth and nose with a tissue when she coughs or sneezes to prevent spreading germs.

#### 5. When you are tired it is common to rub your eyes, but your friend said that's not a healthy habit. What should you do?

- Your friend is right! To keep those germs from spreading, try not to touch your eyes, mouth, or nose. And make sure you're getting enough sleep.
- Rub your eyes as much as you want.

#### 6. You don't want to miss out on any fun because you have the flu. What should you do?

- Borrow your friend's Halloween mask and wear it everywhere.
- Get the flu vaccine and practice other healthy habits, such as staying home when you're sick or covering your mouth and nose with a tissue when you cough or sneeze.



### Learn these flu facts to stay healthy!

- Influenza is also called "the flu"!
- It is a virus that can spread from person to person, affecting your nose, throat, and lungs.
- Getting the flu vaccine each year is the best way to stay healthy during flu season. It is also helpful to practice other healthy habits, too, such as washing your hands often or covering your nose and mouth when you sneeze or cough.

### How did you do? Are you a flu detective?

**6 correct:** You have more than a clue. Thanks for your help and fight flu by sharing your flu knowledge with others!

**5 correct:** You're on your way to staying healthy! Thanks for your help!

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

**3 or less correct:** Ask your teacher or parent/guardian for tips to help fight the flu. Then practice them everyday to try to keep the flu away!

**It's Not 'JUST' the Flu - It's a Serious Disease!**  
**Get Your Flu Vaccine Today!**

[www.preventchildhoodinfluenza.org/school](http://www.preventchildhoodinfluenza.org/school)

October 2015



## ACTIVITY 2

Can you discover the missing clue to help stay healthy this flu season?

- Getting your flu vaccine
- Eating healthy food
- Going to bed early
- Staying home when you don't feel well
- Covering your nose and mouth when you sneeze and cough

**But one is missing! Do you know what it is?**

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## ACTIVITY 3

Can you help Detective Amy solve this flu case?

Using the words below, fill in the blanks and solve the case!

High | aches | fruit | coughing | tissues

It was a dark, stormy night when Detective Amy was called. \_\_\_\_\_ fevers were all around. People were sneezing and \_\_\_\_\_, without covering their noses and mouths, and she sensed germs everywhere. The bowl of healthy \_\_\_\_\_ was still there, but the blankets and \_\_\_\_\_ were gone. People were complaining of \_\_\_\_\_ and pains, and of being very tired.

Can you help Detective Amy figure out what is happening on this stormy night?

- A great big party, complete with blanket forts!
- They have the flu!

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