

## GRADES K-2

# BE A FLU DETECTIVE

Find the Clues for Staying Healthy During Flu Season!

**Being sick is no fun!**

You miss out on playing with friends, going to the playground and other fun stuff because you feel icky.

**There are ways to stay healthy during flu season, beginning with getting the flu vaccine.**



### We need your help!

Are you ready to be a flu detective like Detective Dan?

Can you find all the ways to help keep you healthy during flu season? Circle the answers below.

**Getting a flu vaccine every year**

**Covering your mouth with a tissue when you cough**

**Eating healthy food**

**Staying up late**

**Getting enough sleep**

**Riding your bike**

**Sharing your food and drink with friends**

**Playing on the playground**

**Covering your nose with a tissue when you sneeze**

**Going over to your friend's house, even though you feel sick**

**Washing your hands with warm, soapy water or using hand sanitizer**

**Using someone else's sleeve to cover your nose and mouth**

### Great Job, Flu Detective!

Help your friends and family avoid getting sick by teaching them these important healthy habits!

**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

Detective Amy needs your help finding the healthy habits and getting to the park to see her friends!



Activity 2

Detective Amy

CAN YOU HELP LEAD HER THERE?  
Be Careful of the Flu Germs!



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