

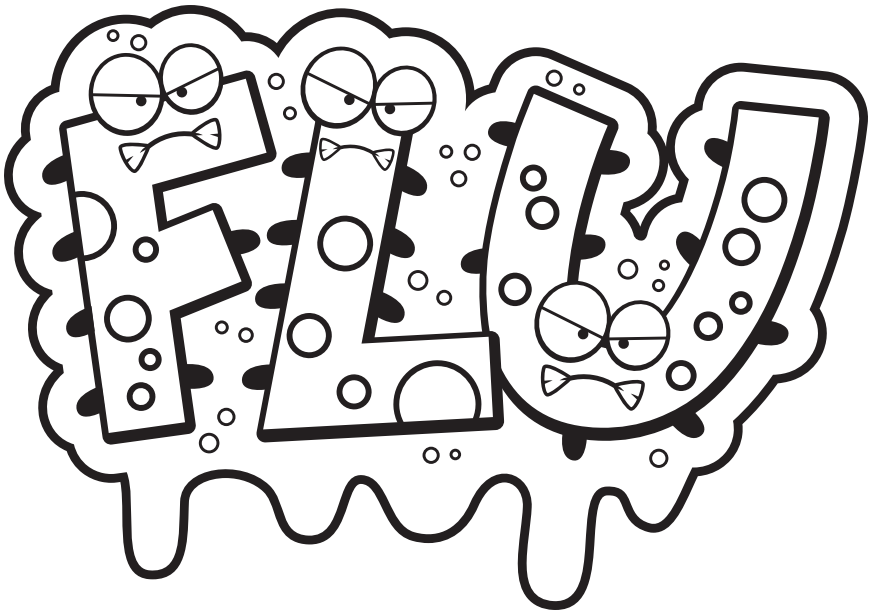


# Families Fighting Flu Coloring Book



FAMILIES  
FIGHTING FLU, INC.

How do you catch the flu?



The flu is a virus that can spread through the air when sick people cough, sneeze, or talk.

Coughs and sneezes spread diseases.



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

– or –

cough or sneeze into your upper sleeve, not your hand.

Put your used tissue in the waste basket.



Don't let the Flu Bug  
catch you!



# It's Not 'Just' the Flu – It's a Serious Disease!



- Get an annual flu vaccine



- Wash hands often



- Avoid touching eyes, nose, or mouth



- Get plenty of rest



- Do the elbow cough



- Stay home if you don't feel well



Everyone 6 months and older should receive an annual flu vaccine.



Flu vaccination is important to  
protect the entire family!



**FAMILIES**  
FIGHTING FLU, INC.®

## It's Not 'JUST' the Flu — It's a Serious Disease!

### What are common flu symptoms?



Fever



Headache



Fatigue or Extreme Tiredness



Muscle or Body Aches



Dry Cough



Sore Throat



Runny or Stuffy Nose

### Learn more

Visit our website, [www.familiesfightingflu.org](http://www.familiesfightingflu.org), to learn more about flu illness, prevention, and treatment for various demographics including children, adults, seniors, and pregnant women. You can also order educational materials for schools, healthcare offices, and community centers.

