Families Fighting Flu
Coloring Book
How do you catch the flu?

The flu is caused by many different viruses!
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!
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 of Snuffy Nose

Learn more

Visit our website, [www.familiesfightingflu.org](http://www.familiesfightingflu.org), to learn more about flu and flu 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.