

# USER GUIDE

## Grades 3-5 Activity Worksheet

The flu is a serious disease, but it is also preventable. Teaching students about the flu and the importance of annual flu vaccination is critical to help them stay healthy throughout the flu season.

We hope this worksheet provides a fun way to learn about the flu!

### Flu Facts

- Influenza is also called “the flu”.
- The flu virus infects the respiratory system, which includes your nose, throat, and lungs.
- Flu symptoms usually start suddenly and may include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and tiredness.
- Children and adults can spread the flu before they even feel sick and even after they feel better!
- Typically, flu season can begin in October and can last as late as May.

### Flu Myths vs. Facts

**Myth #1:** The flu is just a bad cold.

**False:** The flu is often confused with the common cold, but flu symptoms tend to develop quickly and are usually worse. A serious and highly contagious disease, the flu spreads through tiny droplets made when an infected person talks, coughs or sneezes and may spread up to 6 feet away.

**Myth #2:** Getting the flu vaccine every year isn't necessary.

**False:** It's important to get your flu vaccine each and every year. Because flu viruses are constantly changing, the flu vaccine may be updated each flu season to provide protection against the flu viruses expected to circulate that season. In addition, a person's immune protection from vaccination declines over time. Therefore, annual vaccination is needed for optimal protection.

**Myth #3:** Healthy people don't need a flu vaccine.

**False:** The Centers for Disease Control & Prevention recommends that everyone 6 months of age and older get vaccinated against the flu every year because flu may lead to serious complications, even for young healthy people.

### Stay Healthy During Flu Season

- The best way to stay healthy this and every flu season is by getting the flu vaccine. It is quick and simple and the best way to protect yourself and everyone around you from this serious disease.
- In addition to getting an annual flu vaccination, make sure to practice other healthy habits, too, such as:
  - Washing your hands frequently with soap and water or using hand sanitizer.
  - Staying home if you don't feel well.
  - Covering your nose and mouth (with a tissue or your elbow) when you sneeze or cough.
  - Avoiding touching your eyes, nose, or mouth because germs spread this way.
  - Getting enough sleep.
  - Eating a healthy and balanced diet.

Answer key for worksheet on page 2.

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

**Learn more at [www.familiesfightingflu.org](http://www.familiesfightingflu.org)**

## Answer key:

### Activity 1

1. It's your friend's birthday party today, but you feel sick. What should you do?

a. Tell your parents/guardians how you feel and stay home.

b. 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?

a. Meet her on the playground after lunch - it IS recess.

b. 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?

a. Wash your hands for 20 seconds, or sing "happy birthday" to yourself twice.

b. Just wet your hands and walk away.

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

a. Tell her she's making too much noise.

b. 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?

a. 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.

b. 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?

a. Borrow your friend's Halloween mask and wear it everywhere.

b. 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.

### 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?

**Washing your hands frequently with soap and water or using hand sanitizer.**

### 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. High fevers were all around. People were sneezing and coughing, without covering their noses and mouths, and she sensed germs everywhere. The bowl of healthy fruit was still there, but the blankets and tissues were gone. People were complaining of aches and pains, and of being very tired.

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

a. A great big party, complete with blanket forts!

b. They have the flu!



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