

# USER GUIDE

## Grades K-2 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

#### Ways to Stay Healthy Include:

- Getting a flu vaccine every year
- Covering your mouth with a tissue when you cough
- Eating healthy food
- Getting enough sleep
- Riding your bike
- Playing on the playground
- Covering your nose with a tissue when you sneeze
- Washing your hands with warm, soapy water or using hand sanitizer

#### Ways to Get Sick Include:

- Staying up late
- Sharing your food and drink with friends
- Going over to your friend's house, even though you feel sick
- Using someone else's sleeve to cover your nose and mouth

### Activity 2



**It's Not '*JUST*' the Flu - It's a Serious Disease!**  
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