

NAME: \_\_\_\_\_

GRADES 6-8 ACTIVITY 1

Stay in the Game™ -  
Get your flu vaccine today!



# Flu Facts:

- Influenza is also called “the flu”!
- Flu symptoms usually start suddenly and may include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, and tiredness.
- Kids and adults can spread the flu before they feel symptoms and even after they feel better!
- Typically, flu season begins in October and can last as late as May.
- Antibodies are the small flu-fighting organisms that live in your body and help you fight the flu.
- The flu infects the respiratory system, which includes your nose, throat, and lungs.
- The best way to stay healthy this and every flu season is by getting the flu vaccine each year.
- Make sure to practice other healthy habits, too, like washing your hands, covering your nose and mouth (with a tissue or your elbow) when you sneeze or cough, getting enough sleep, and eating a healthy and balanced diet. This way, you can make sure that you *Stay in the Game!*



Once you’ve read the flu facts, carefully read the passage below and write in the words to complete the sentences from the right. Each word will be used only once. Good luck!

Vaccine	Hands	May	Respiratory
Sick	Antibodies	Influenza	Sneeze

1. The word “flu” is a nickname for \_\_\_\_\_.
2. The flu is a virus, which means it is an illness that can spread from one person to another, otherwise known as being contagious. Sometimes, you might not even feel symptoms yet, but you can still be \_\_\_\_\_ and spread the flu to your friends and family.
3. This is why it is important to practice healthy habits, like washing your \_\_\_\_\_ and covering your mouth and nose when you \_\_\_\_\_ or cough.
4. The body’s defense system is made up of a small army of \_\_\_\_\_ that help your body fight the flu.
5. Flu season lasts a long time! In fact, it can start in October and last through \_\_\_\_\_!
6. The flu is a virus that infects the nose, throat, and lungs, which are all part of your \_\_\_\_\_ system.
7. It is important to protect yourself during flu season by getting a flu \_\_\_\_\_ every year!



FAMILIES  
FIGHTING FLU, INC.

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NAME: \_\_\_\_\_

GRADES 6-8 ACTIVITY 2

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## Word Search

Find the words below and circle them in the crossword puzzle!

Influenza  
Virus  
Vaccine  
Flu Season  
Doctor  
Antibodies  
Sneeze  
Cough  
Respiratory  
Stay in the Game  
Fever  
Contagious  
Icky  
Healthy  
Tissues  
Sleep  
Symptoms  
Infection

E	A	I	R	P	C	A	Q	T	I	Y	N	G	Y	F
S	M	Q	N	O	E	S	A	N	S	Y	P	Q	G	L
E	J	A	U	F	E	E	F	O	G	H	E	N	L	U
L	N	G	G	U	L	E	L	E	C	T	P	X	N	S
S	H	I	S	E	C	U	D	S	S	L	L	Y	R	E
J	N	S	C	T	H	I	E	E	T	A	E	R	V	A
U	I	E	I	C	P	T	I	N	S	E	J	O	I	S
T	E	O	E	T	A	D	N	N	Z	H	G	T	R	O
W	N	U	D	Z	O	V	N	I	D	A	B	A	U	N
G	N	G	X	B	E	S	L	T	Y	M	V	R	S	X
J	W	F	I	D	O	C	T	O	R	A	L	I	S	G
Y	P	T	R	E	V	E	F	L	U	Q	T	P	Y	D
Q	N	C	O	N	T	A	G	I	O	U	S	S	K	D
A	Y	J	O	R	O	A	L	W	Y	C	O	E	C	T
S	M	O	T	P	M	Y	S	W	B	U	U	R	I	R

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