Healthy Habits to Fight the Flu: Do you…

Cover your mouth and nose with a tissue or your elbow when coughing or sneezing?  
- Y  N

Clean your hands often with warm, soapy water or hand sanitizer?  
- Y  N

Make sure you do not touch your eyes, nose, or mouth to avoid spreading germs to others?  
- Y  N

Practice other healthy habits, like getting plenty of sleep, being active (like riding your bicycle, playing on the playground, helping mom and dad with chores), or eating healthy food?  
- Y  N

Get your flu vaccine every year?  
- Y  N

Can you think of another healthy habit?  
Write it here:  
- Y  N

Hey, Flu Fighter! You can help your family and friends avoid getting the flu by telling them what you've learned about staying healthy!

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

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

www.familiesfightingflu.org
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