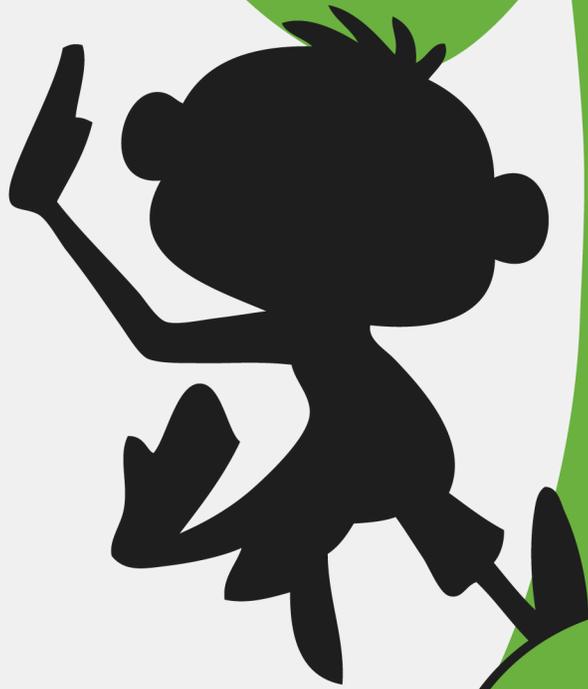
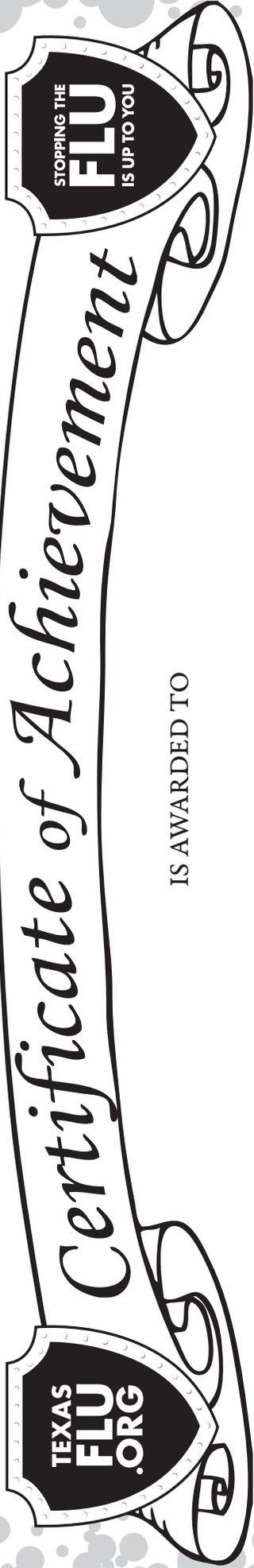


FLU FIGHTERS Activity Book

TEXAS
DEFEND YOURSELF!



FLU FIGHTERS



IS AWARDED TO

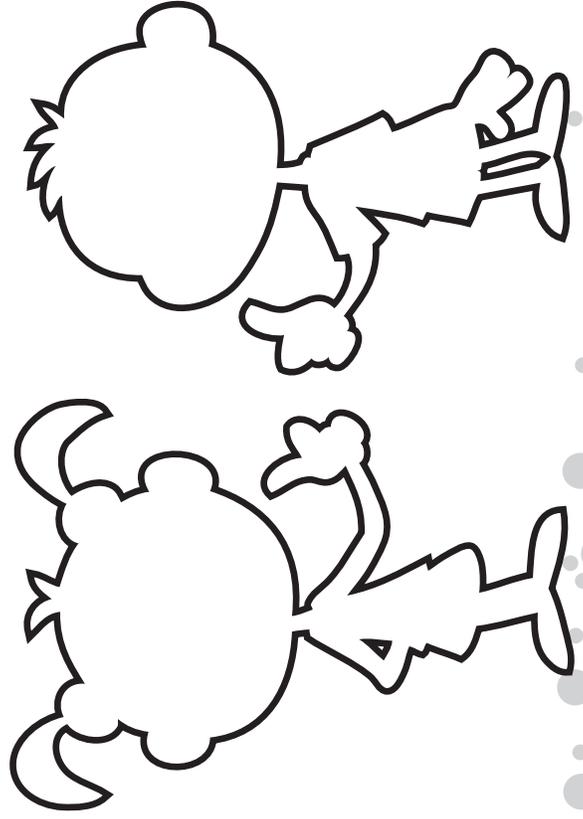
Name _____

Age _____

FOR BECOMING AN OFFICIAL FLU FIGHTER

"I pledge to always practice healthy habits and to help stop the spread of flu!"

- I wash my hands often.
- I cover my coughs and sneezes.
- I get my flu shot.
- I stay home when I'm sick.



Parent or Teacher _____



Healthy Habits • Fill in the Blanks and Match 'em Up

After you fill in the blank, draw a line to the picture that matches the message.

GET YOUR _____

The best way to defend yourself is to get this when you can.



_____ **YOUR HANDS**

Scrub for at least 20 seconds with soap and water or use hand sanitizer.



_____ **YOUR COUGH**

Use a tissue to cover your mouth and nose when you cough or sneeze. No tissue around? Your sleeve will do.



STAY _____

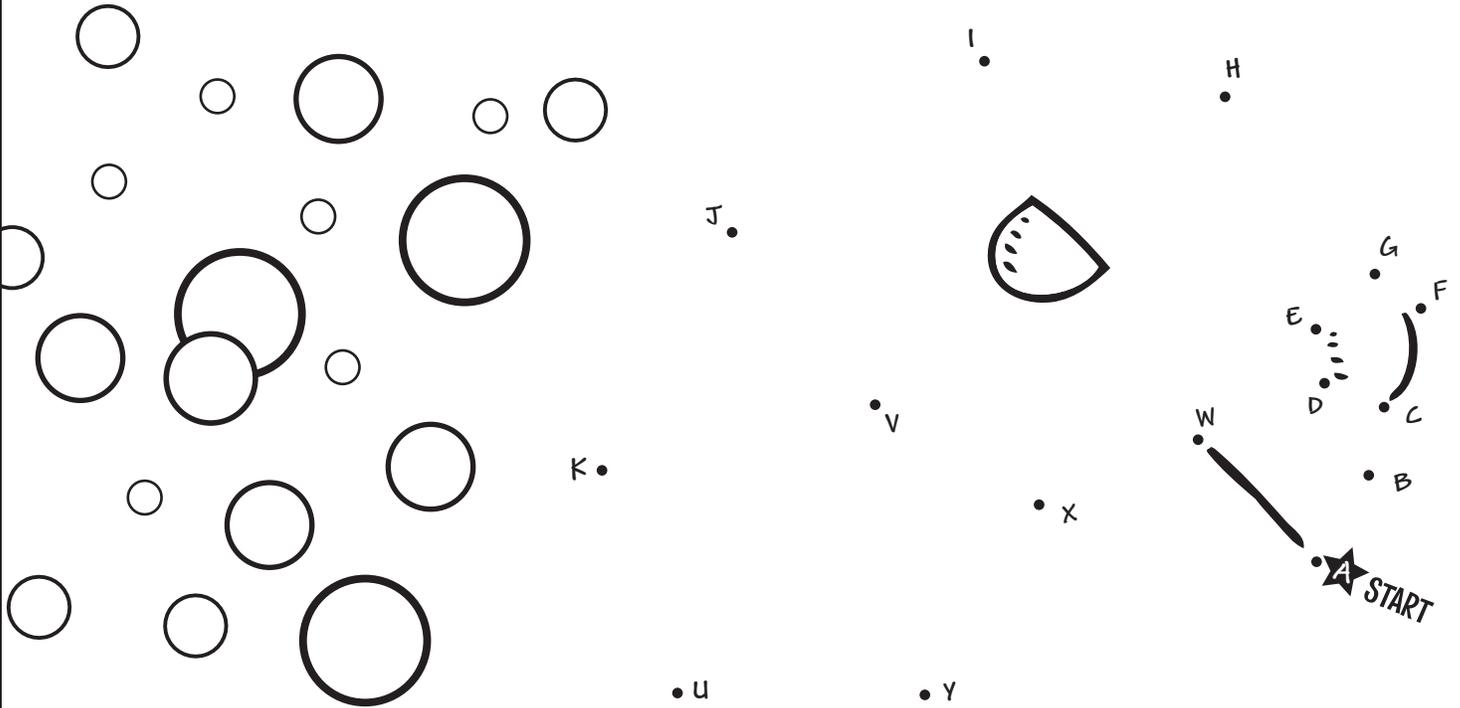
If you get sick, it's best to keep away from others and wait until you're well before going to school or out in public.



For more information, go to TexasFlu.org

Dot-to-Dot • Keep Germs to Yourself!

Connect the dots to see who's hanging around after you sneeze or cough.



Know the Numbers:

20 seconds Washing your hands with soap and water for at least 20 seconds, or as long as it takes to sing the "ABC Song," can get rid of germs.

90 MPH (miles per hour) That's the speed a sneeze can travel as it leaves your body! That's a super-fast way to spread germs so always be sure to cover yourself with a tissue or sneeze into your sleeve.

1,000,000 Eeeeewww! Did you know that a sneeze can contain up to one million germs? When you sneeze or cough, little germs go flying out of your body so try hard to catch them in a tissue or your sleeve and wash up afterward.

24 hours If you're sick, stay home for at least 24 hours after your fever is gone to avoid spreading the flu to others.



4-in-1-Maze

Fight the Flu at Every Turn!

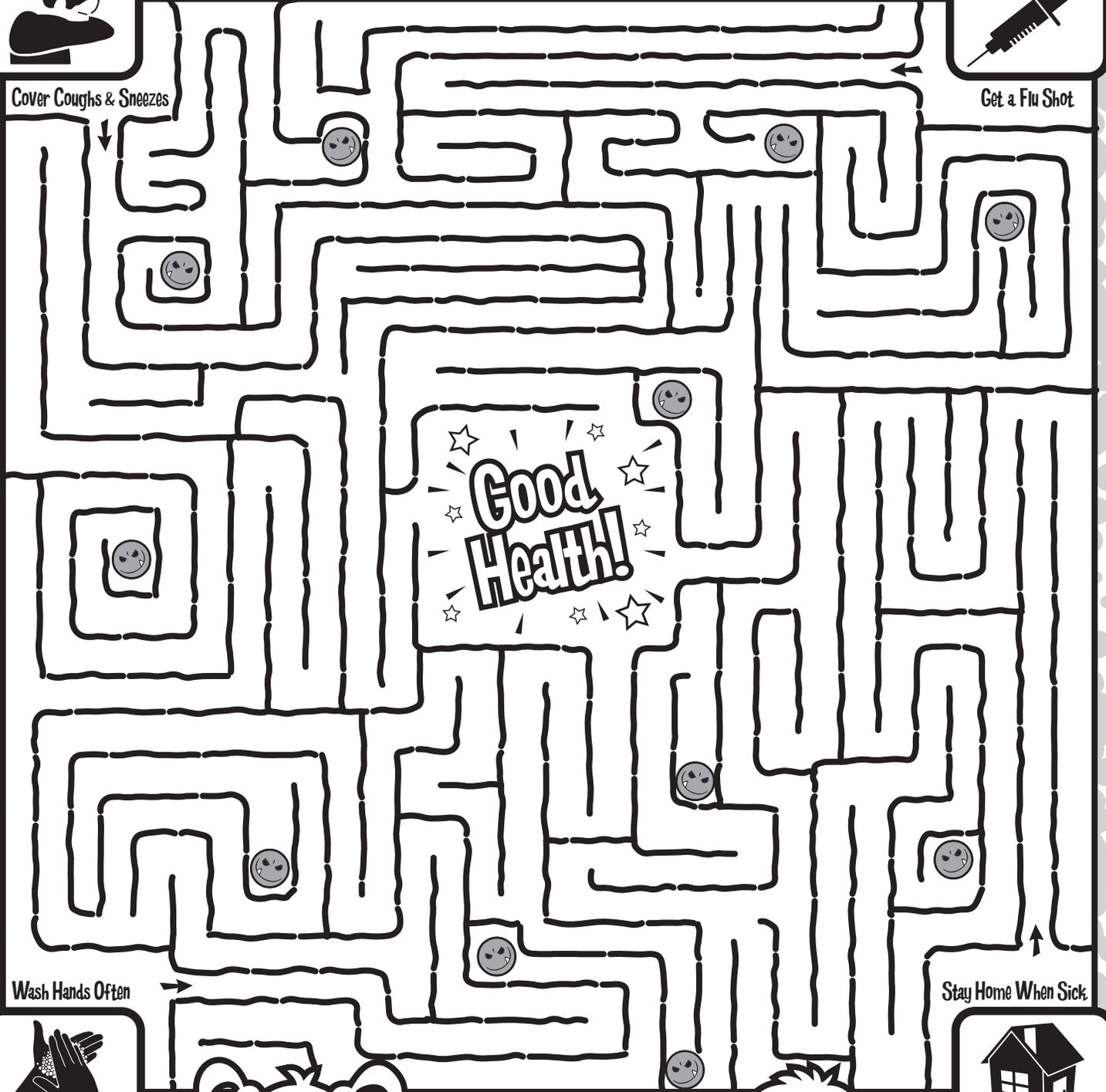
Your mission is to stay away from the germs and make it safely to "Good Health"!



Cover Coughs & Sneezes



Get a Flu Shot



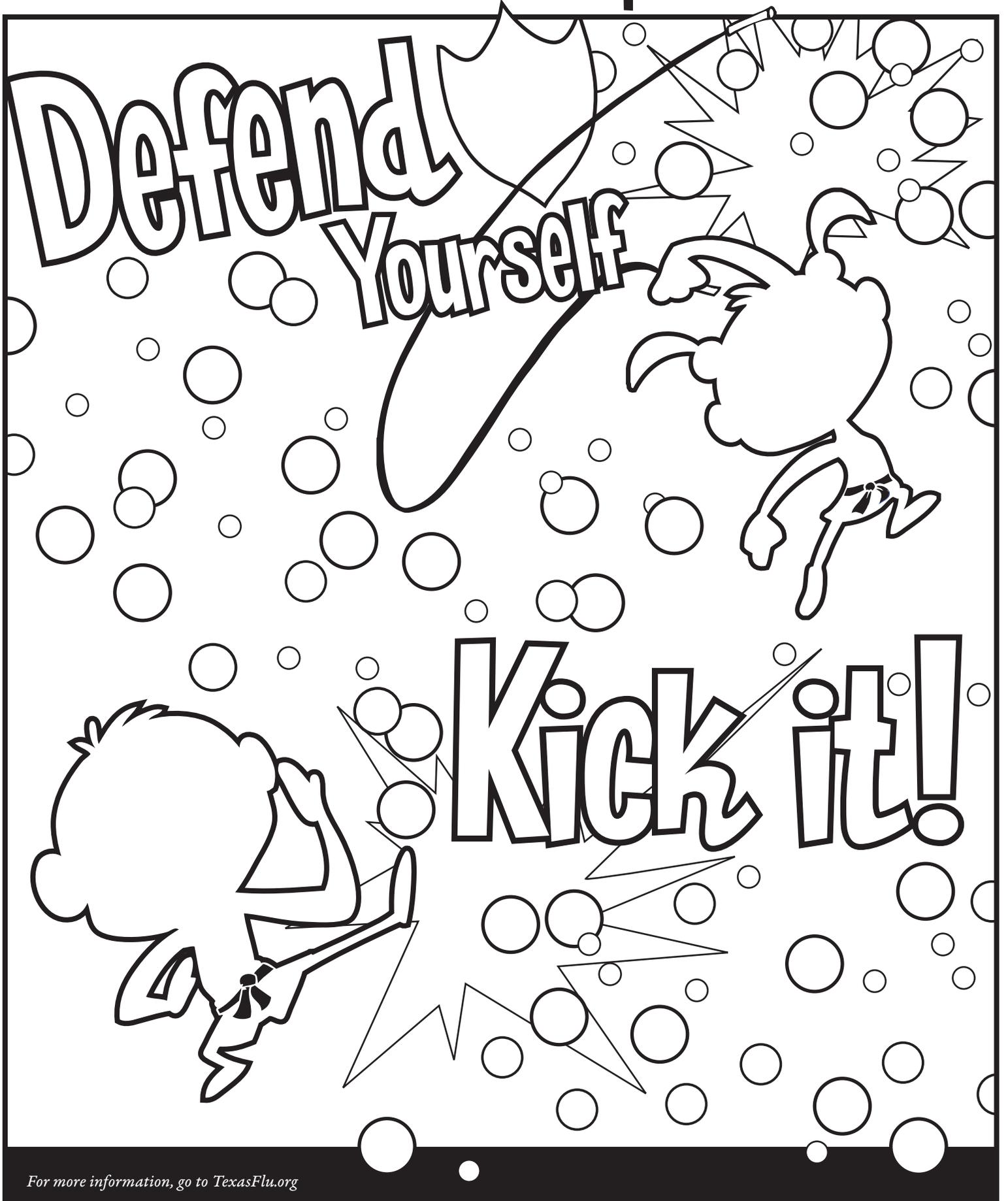
Wash Hands Often



Stay Home When Sick



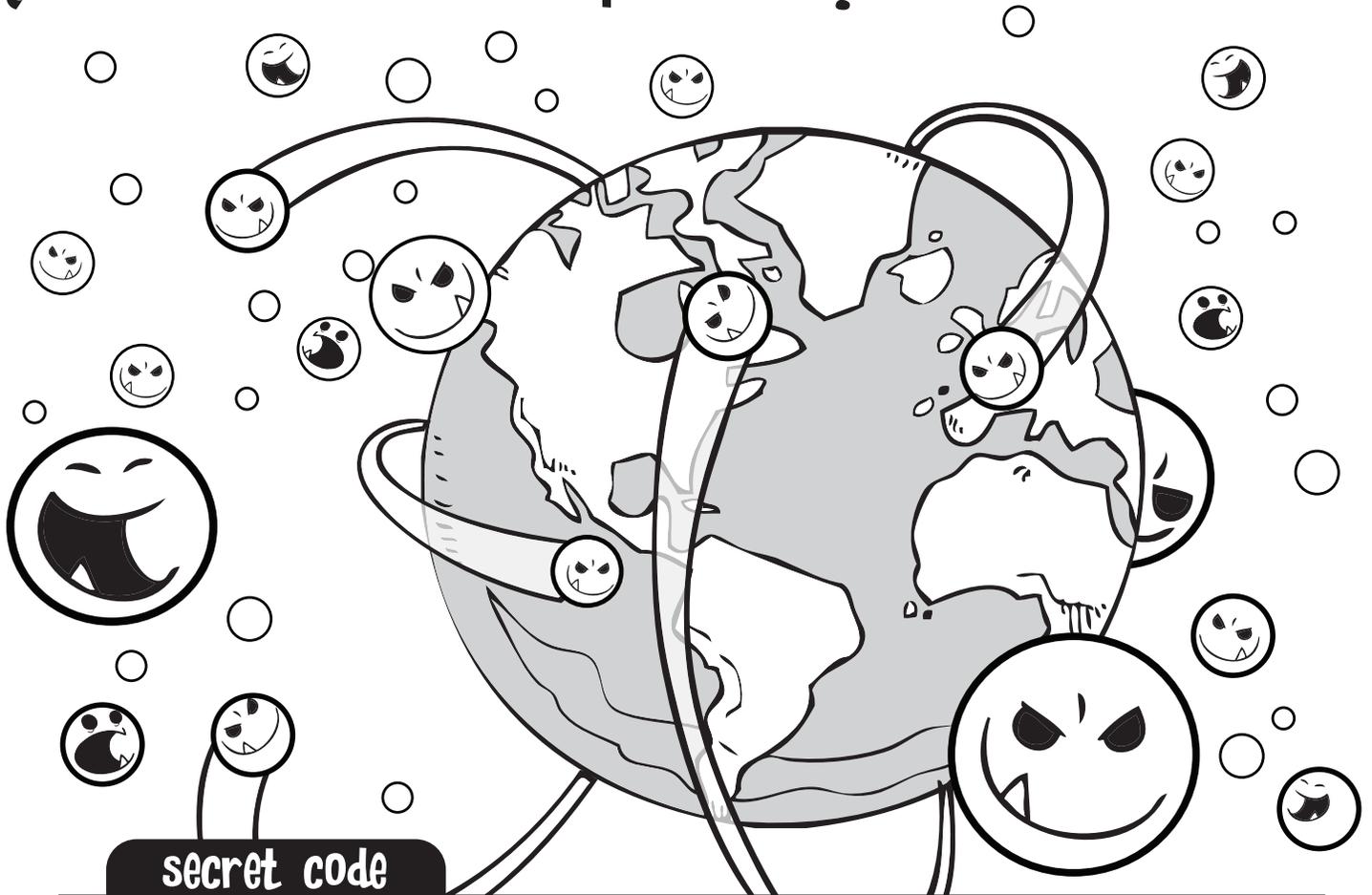
Color it Up!



Global Puzzle • Uncover the Secret Message!

Use the secret code to match the number to the letter and find the hidden answer.

Question: What is a flu pandemic?



secret code

1 = A	6 = F	10 = J	14 = N	18 = R	22 = V
2 = B	7 = G	11 = K	15 = O	19 = S	23 = W
3 = C	8 = H	12 = L	16 = P	20 = T	24 = X
4 = D	9 = I	13 = M	17 = Q	21 = U	25 = Y
5 = E					26 = Z

Answer: A flu pandemic is...

23 8 5 14 1 12 15 20 15 6 16 5 15 16 12 5 6 18 15 13 1 12 12 15 22 5 18

20 8 5 23 15 18 12 4 7 5 20 19 9 3 11 6 18 15 13 20 8 5 19 1 13 5 6 12 21

For more information, go to TexasFlu.org

Flu Fighters • Crossword Challenge

For more information, go to TexasFlu.org

Complete the crossword puzzle and transfer the letter on the ★ star to the matching spot below to discover a secret message.

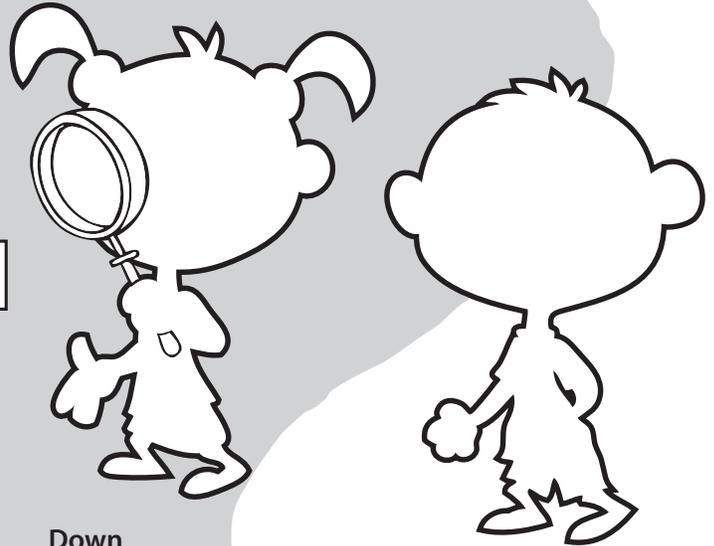


Across

1. When people all over the world get sick from the flu
3. Catch your cough or sneeze with one of these and then throw it away
5. When your body does this, hundreds of thousands of germs are released into the air, so it's good to have a tissue around or use your sleeve
6. Stay _____ when you're sick
7. Flu _____ or moves around from person to person when people cough or sneeze into the air
8. These little "bugs" spread from one person to another

Down

2. Cover your _____
3. The Texas Web site for the latest flu updates
4. Wash with this for 20 seconds to help stop the flu from spreading
5. No tissue? This will do if you have to cough or sneeze



secret message

