What You Can Do to Stop the Flu!

Influenza Prevention for Elementary Students
What is the Flu?

- Flu is a sickness that is caused by little invisible germs.
- Flu germs can cause a respiratory infection that can make you feel sick.
- “Flu” is short for the word “Influenza”.

Flu is a sickness that is caused by little invisible germs. Flu germs can cause a respiratory infection that can make you feel sick. “Flu” is short for the word “Influenza”.
Flu Germs are Viruses

The good news is that you can fight back against flu germs!
We can do simple things to help fight off flu germs.
Getting a flu shot every year is the best way to fight the flu.

Your parents and doctor will let you know if this is a good way for you to fight the flu.
How Can Flu Germs Spread?

A. When a person with flu coughs or sneezes near you.
B. When you touch something that has the flu germ on it and then you touch your mouth or nose with your hand.
Practice Good Manners

– Cover your mouth and nose with a tissue when you cough or sneeze.

  Don’t have a tissue?

– Cough or sneeze into your elbow or shoulder if you don’t have a tissue.

   Then wash your hands or use a hand sanitizer!
Wash Germs Away!

• Wash your hands often with soap and water.
  – Make sure to wash after coughing, sneezing, and blowing your nose!
• Wash your hands with soap and water for at least 20 seconds – this is the time it takes to sing “Happy Birthday” 2 times!
WHERE TO WASH

Wash all surfaces thoroughly

- Between the fingers
- Palms
- Wrist
- Back of hands

www.publichealth.va.gov/InfectionDontPassItOn
Department of Veterans Affairs

Infection: Don't Pass It On
What if there’s no soap and water?

You can use hand sanitizer. Rub the gel or foam all over your hands and fingers until they dry.
Why Try to Fight the Flu?

Because the flu can make you feel really sick!
Flu Symptoms

• High fever
• Cough
• Sore throat
• Body aches
• Headache

• Chills
• Tiredness
• Runny or stuffy nose
• Sick to your stomach
• Diarrhea
Stay Home if You Are Sick!

• Keep your germs to yourself!

www.flu.gov
Healthy Habits Can Stop Flu

• Get enough sleep.
• Exercise to stay strong.
• Drink lots of fluids.
• Eat healthy foods.
• Try to stay away from people while they are sick.
**BE A GERM STOPPER.**

**Cover Coughs and Sneezes. Clean Hands.**
Be a germ stopper at school — and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

Clean your hands a lot
- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best. Wash long enough to sing the "Happy Birthday" song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!

Stop germs. And stop colds and flu.

www.cdc.gov/germstopper
We’re All in this Together

Stop germs from spreading!

Cover your cough and/or sneeze
Clean your hands

www.publichealth.va.gov/InfectionDontPassItOn