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!

Directions: Review the healthy habits below. Do you practice these habits to help stay healthy? Circle or color in the box with a “Y” for YES, or “N” for NO for each habit. And remember: healthy habits take practice!

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

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

www.familiesfightingflu.org

Made possible by a grant to Families Fighting Flu from Novartis Vaccines and Diagnostics, Inc.
Below is a picture of a flu fighter with some "tools" to help you stay healthy! Draw a face on the flu fighter and color in the pictures to show you know how to fight the icky flu with your flu fighting superpowers!

NAME: ____________________________

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

www.familiesfightingflu.org

Made possible by a grant to Families Fighting Flu from Novartis Vaccines and Diagnostics, Inc.