We Can Fight Cold and Flu Germs!
Cold and flu germs like to travel!

They wait inside a sick person’s mouth and nose for a ride out.

Unlock the secret code. Use the stickers. You will see some ways germs often get around.

A o g or s e e e
can spray germs on hands and things close by.

Germs can also go from

h n s to h n s
and from things to hands.

If you touch germs and then touch your mouth, nose or eyes, germs can get into your body. Then you could get sick.

Oops! People can also s a e

The can germs if they are not careful!

Do not share things that have touched someone else’s mouth or nose, like cups, towels and toothbrushes. There could be germs on them!
Send germs down the drain by washing your hands the right way.

1. Wet your hands with clean, running water. If possible, use warm water.

2. Lather both of your hands with soap.

3. Scrub your hands all over for 20 seconds. Sing “Row, Row, Row Your Boat” two times or say your ABCs to help you wash long enough.

4. Rinse your hands well with running water.

5. Dry your hands with a paper towel or an air dryer.

6. If possible, use your paper towel to turn off the faucet. Then throw the paper towel in the trash.

If you cannot get to soap and water, use hand sanitizer.
If you get sick, stay home. Why? Add the missing stickers to find out. Then add the extra stickers any way you want.

It helps others from your .

Get plenty of . It will help you get better.

plenty of liquids (like water), too.

Here is another way to stop germs. Try to stay at least 6 feet away from others if you are coughing or sneezing—or if they are. Ask a parent to help you measure 6 feet.
You used the toilet. Wash your hands!

You sneezed, coughed or wiped your nose. Wash your hands!

Time to eat! Wash your hands!

You played with a pet. Wash your hands!