

BE A GERMBUSTER



HI, KIDS,

We hope you will enjoy this Activity Book, which we created just for you! Did you know that there are many things you can do to fight the flu and keep yourself healthy? We want to share those things with you.

Each page in this book has an activity that will show you how to protect your health, your family's health, and your friends' health.

Don't forget to fill in the missing secret letter at the top of each page. You will use these secret letters later.

The more pages you finish, the more you will learn about fighting the germs that can make you sick. So be sure to work on each page.

When you're done, you can write your name on the special certificate at the end of the book. It's your reward for finishing the activities and learning what you need to do to prevent the flu and stay healthy.



Phyllis Tan

Emergency Preparedness Liaison

Michael Leighs, MPP

Emergency Preparedness Liaison

Ben Techagaiciyawanis, MPH, CHES

Senior Health Educator
Acute Communicable Disease Control

Barbara J. Holtwick, MPH

Health Educator, Acute Communicable Disease Control

Julia Heinzerling, MPH

Policy and Advocacy Specialist, Immunization Program

Jacqueline Valenzuela, MPH, CHES

Director, Health Education Administration

Graphic Design & Production

Office of External Relations and Communications

Cheyne Gateley

Illustrator

Los Angeles County Board of Supervisors

Gloria Molina – First District

Mark Ridley-Thomas – Second District

Zev Yaroslavsky – Third District

Don Knabe – Fourth District

Michael D. Antonovich – Fifth District

Los Angeles County Department of Public Health

Jonathan E. Fielding, MD, MPH

Director and Health Officer

Jonathan E. Freedman

Chief Deputy Director

For More Information

Additional information on flu prevention may be obtained at www.publichealth.lacounty.gov

For specific information and resources for parents, students, and child care providers, visit our Schools homepage at www.publichealth.lacounty.gov/schools

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June 2010

GERMS ARE EVERYWHERE

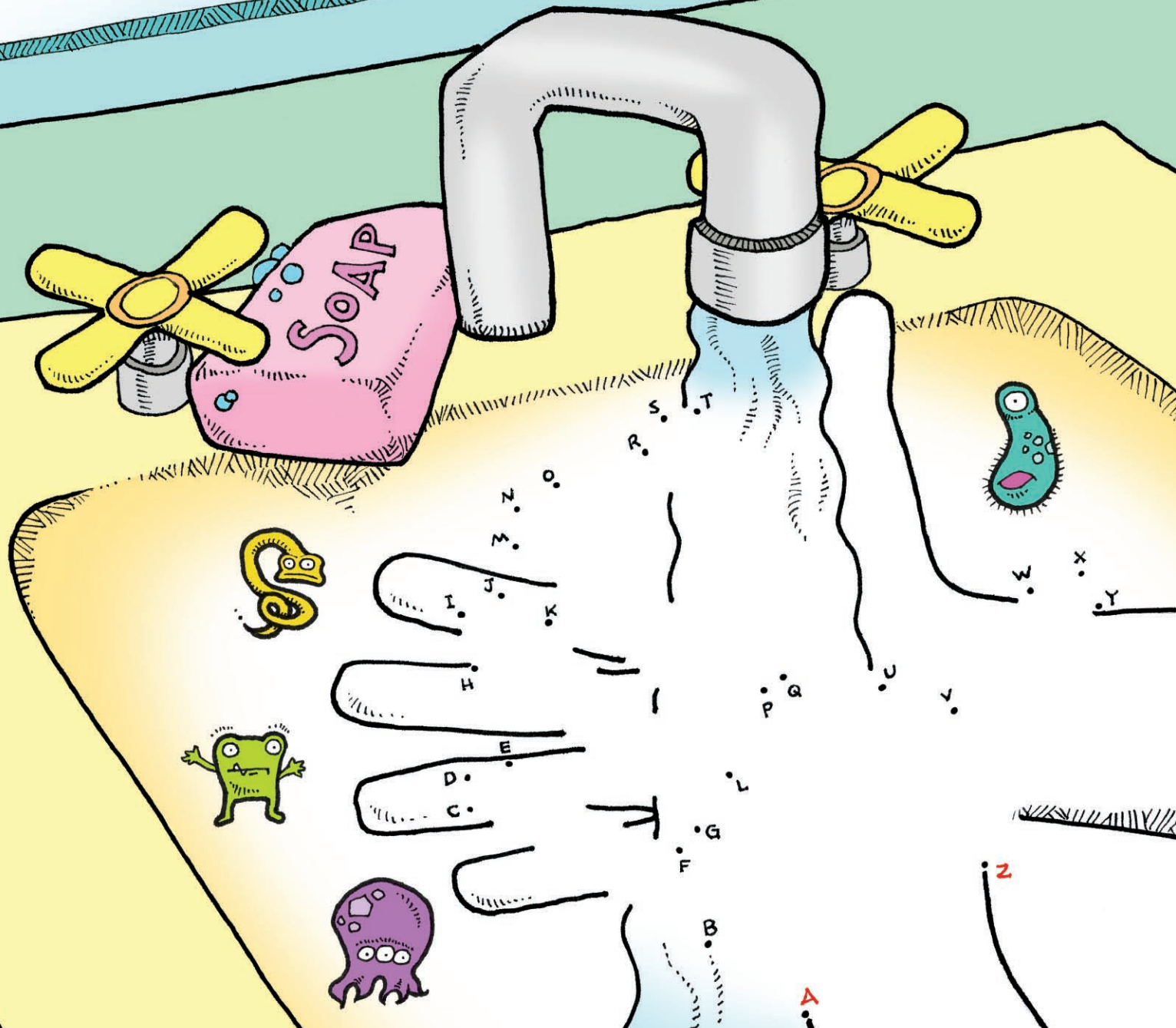
Fill in the secret letter (see bottom of page)

Connect the dots to see which part of your body spreads the most germs.

One way to stop spreading germs:

- Wash your hands for 20 seconds.
- Use soap and water.
- Rinse and dry your hands well.

How many germs can you count on this page? _____



ASY WAYS TO FIGHT THE FLU

Fill in the secret letter (see bottom of page)

Germs could get you sick if you touch your eyes, nose and mouth.

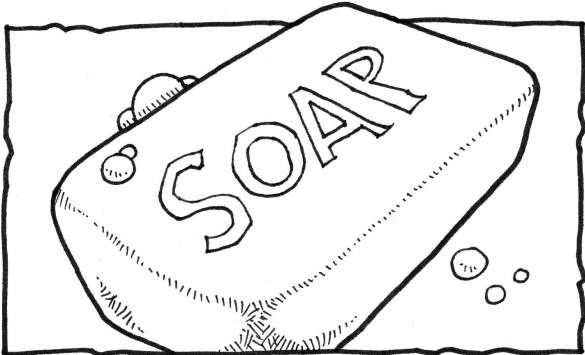
Learn how to stop spreading germs, stay healthy and avoid the flu. Color these pictures.



Wash your hands for 20 seconds



Cover your cough and sneeze



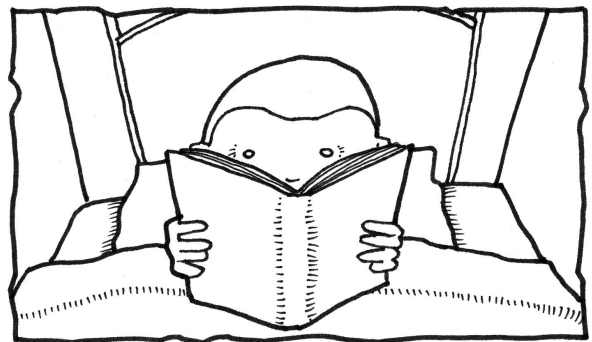
Use soap to wash your hands



Get your flu vaccine



Rinse and dry your hands well



Stay home if you're sick

REMEMBER TO WASH YOUR HANDS

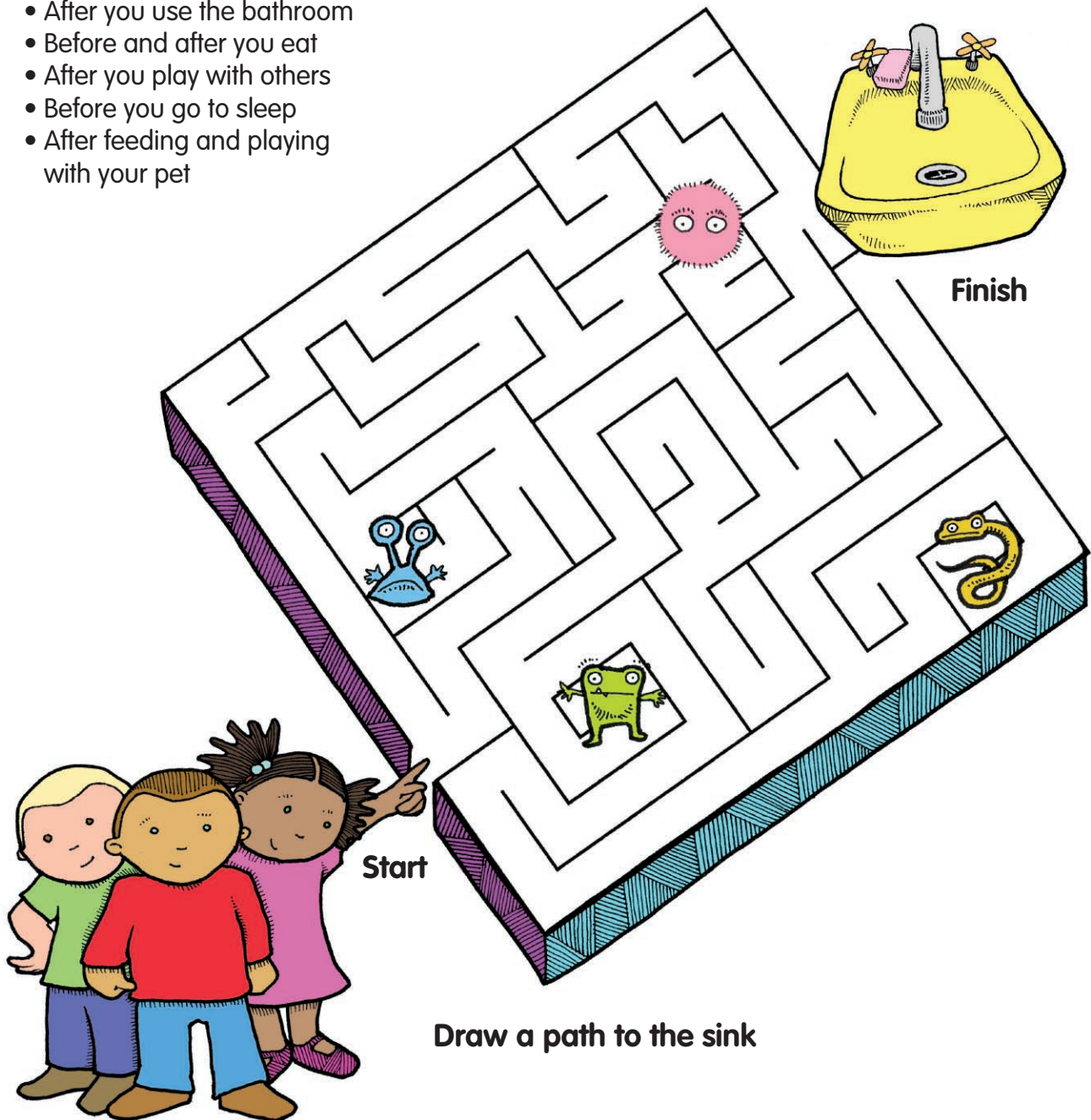
Fill in the secret letter (see bottom of page)

Each time you touch something, you could pick up germs on your hands.

Your hands will also have germs if you cough or sneeze into them. These germs can make you feel sick. You can also spread germs to your friends and family, which can make them sick.

Remember to always wash your hands...

- After you cough, sneeze or blow your nose
- After you use the bathroom
- Before and after you eat
- After you play with others
- Before you go to sleep
- After feeding and playing with your pet



MAKE SURE YOU COVER YOUR COUGH AND SNEEZE

Fill in the secret letter (see bottom of page)

Don't spread germs. Cover your mouth and nose with a tissue or your sleeve every time you cough or sneeze. This way, you won't spread your germs to your family and friends. Remember, your germs can spread to others and make them sick.

Find the following hidden words:

COUGH, GERMS, SICK, SNEEZE, TISSUE

The words can be in any of these directions:



N	C	I	P	D	E	L	K
R	I	L	V	N	R	C	D
R	Q	N	G	N	I	O	Y
L	F	J	E	S	T	U	S
Q	E	H	R	B	S	G	I
M	I	X	M	M	Y	H	E
S	T	I	S	S	U	E	S
S	N	E	E	Z	E	L	F

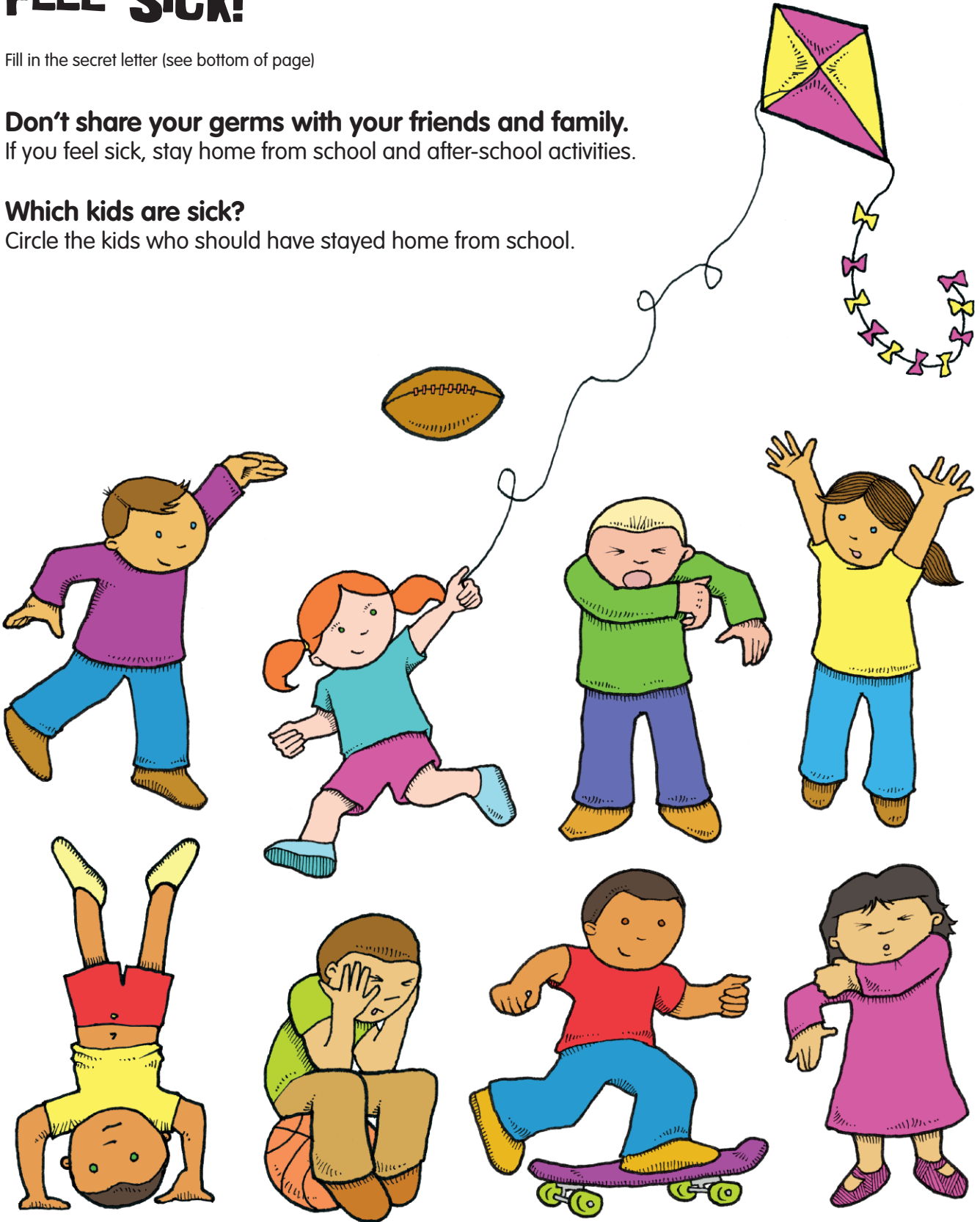
ETTER STAY HOME IF YOU FEEL SICK!

Fill in the secret letter (see bottom of page)

Don't share your germs with your friends and family.
If you feel sick, stay home from school and after-school activities.

Which kids are sick?

Circle the kids who should have stayed home from school.

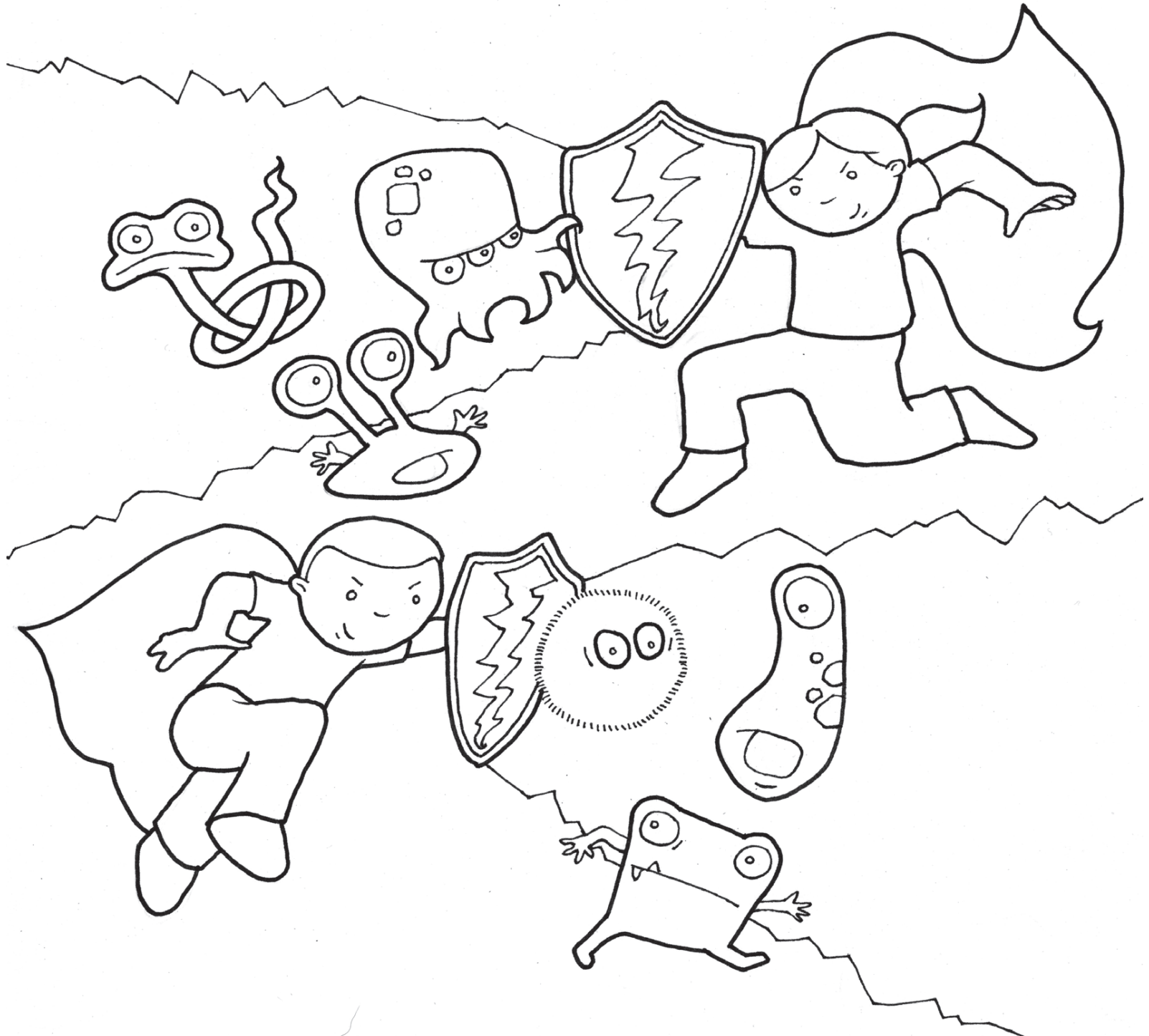


VACCINES KEEP YO STRONG

Fill in the secret letter (see bottom of page)

Get your flu vaccine to fight the flu.

Color this page and see the Flu Fighters in action.

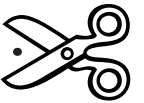


TE _ _ T YOUR MEMORY

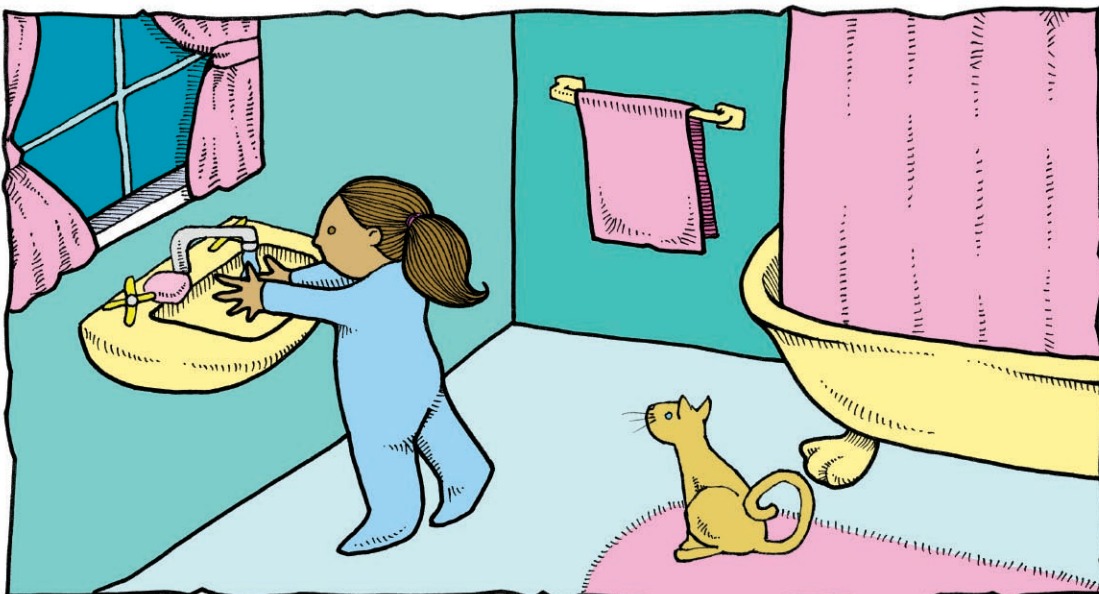
Fill in the secret letter (see bottom of page)

Look at the top picture carefully. Then turn to the next page to see how many questions you can answer correctly. When you're done, do the same with the bottom picture.

Top Picture



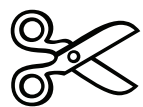
Bottom Picture



TEST YOUR MEMORY

How much do you remember about the Top Picture?

- True or False? The boy shooting a basket has brown hair.
- Is the dog standing or sitting?
- True or False? The boy who is sneezing is using a tissue.
- Is the dog wearing a collar?



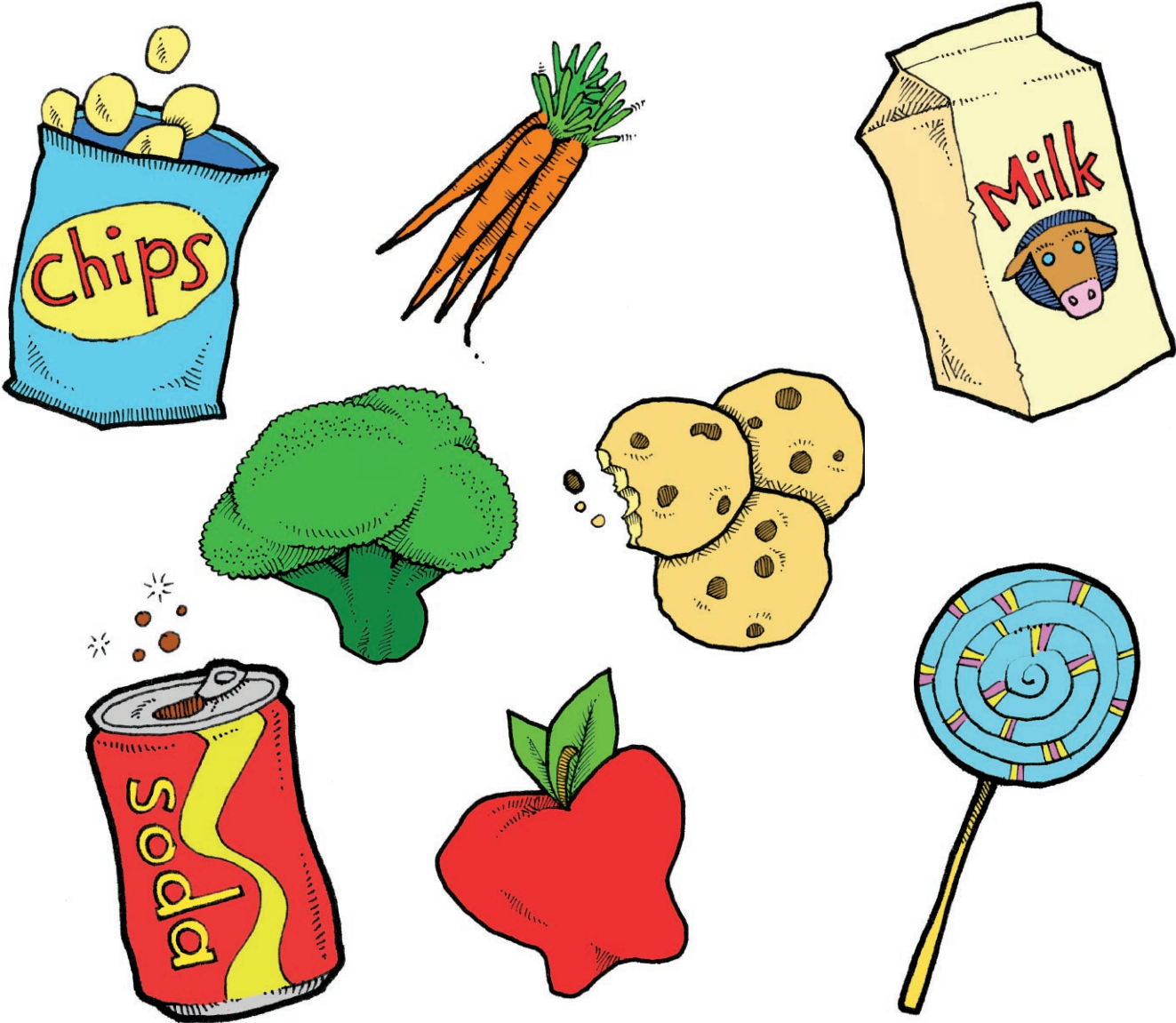
How much do you remember about the Bottom Picture?

- True or False? The girl is taking a bath.
- Is the water running or not running (on or off)?
- True or False? There is a towel on the towel bar.
- What color is the soap the girl is using?

EA HEALTHY FOODS TO STAY STRONG

Fill in the secret letter (see bottom of page)

The foods you eat can help keep your body strong.
Circle the healthy foods and drinks.

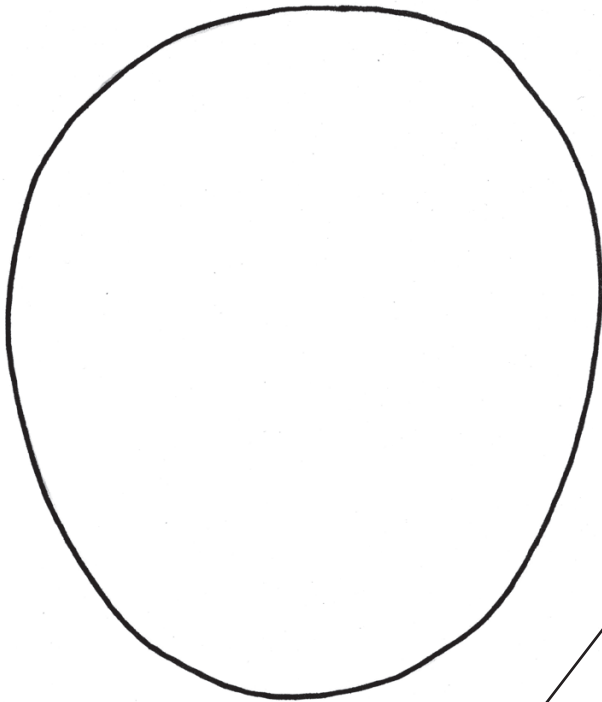


What other healthy foods do you like to eat? List them here:

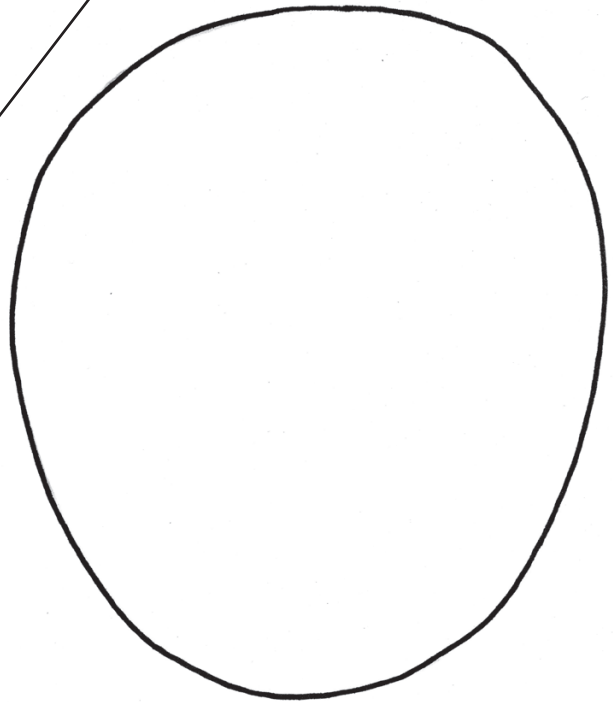
DRAW YOUR FAC_____

Fill in the secret letter (see bottom of page)

Draw your face when you are healthy. Draw your face when you are sick.



Healthy Face



Sick Face

Remember what you can do to keep your healthy face on.

- Eat healthy • Wash your hands for 20 seconds • Use soap to wash your hands
- Cover your cough and sneeze • Get your flu vaccine • Stay home if you're sick

REMEMBER THESE HEALTHY TIPS

Fill in the secret letter (see bottom of page)

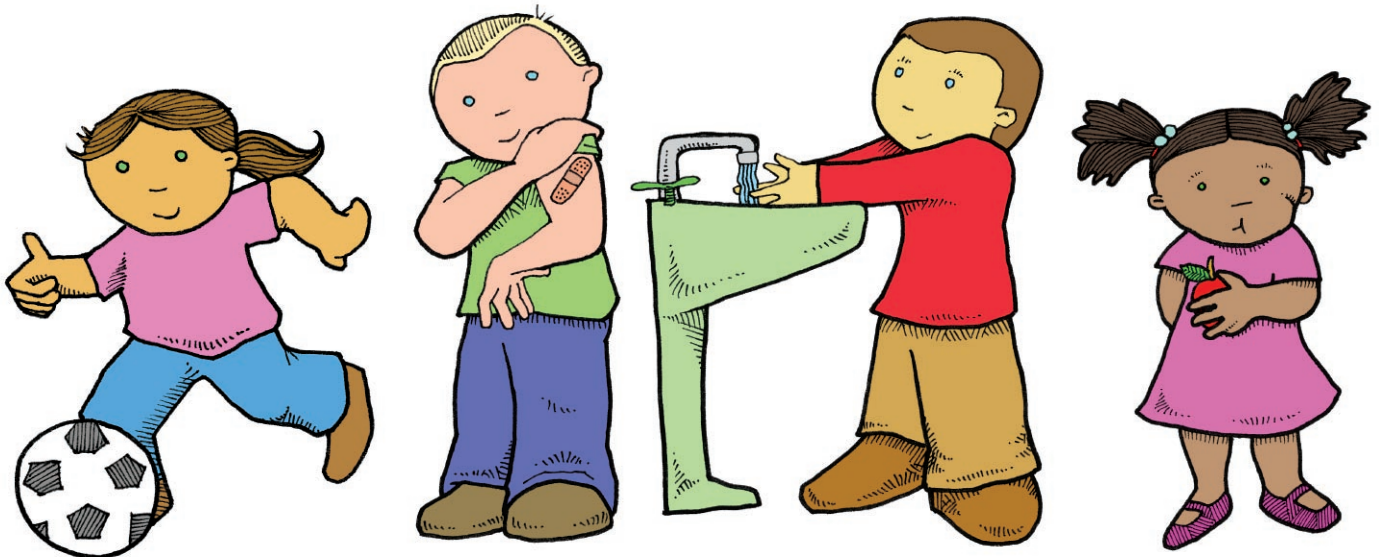
Draw a line to connect the activity with the matching picture.

Eat healthy foods

Wash your hands

Get your flu vaccine

Exercise and stay active

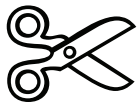


GOOD JOB!

Now you know how to stay healthy so you won't get the flu. Just remember these tips:



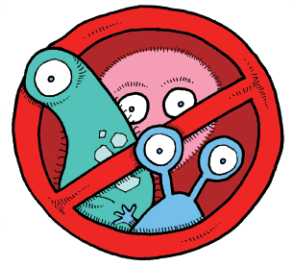
- Wash your hands!
- Cough or sneeze into a tissue or your sleeve.
- Stay home when you feel sick so you don't get others sick.
- Exercise, stay active and eat healthy foods to keep your body strong.
- Get your flu vaccine.



CONGRATULATIONS!

Write your name

You are an Official



Page

3

4

5

6

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11

12

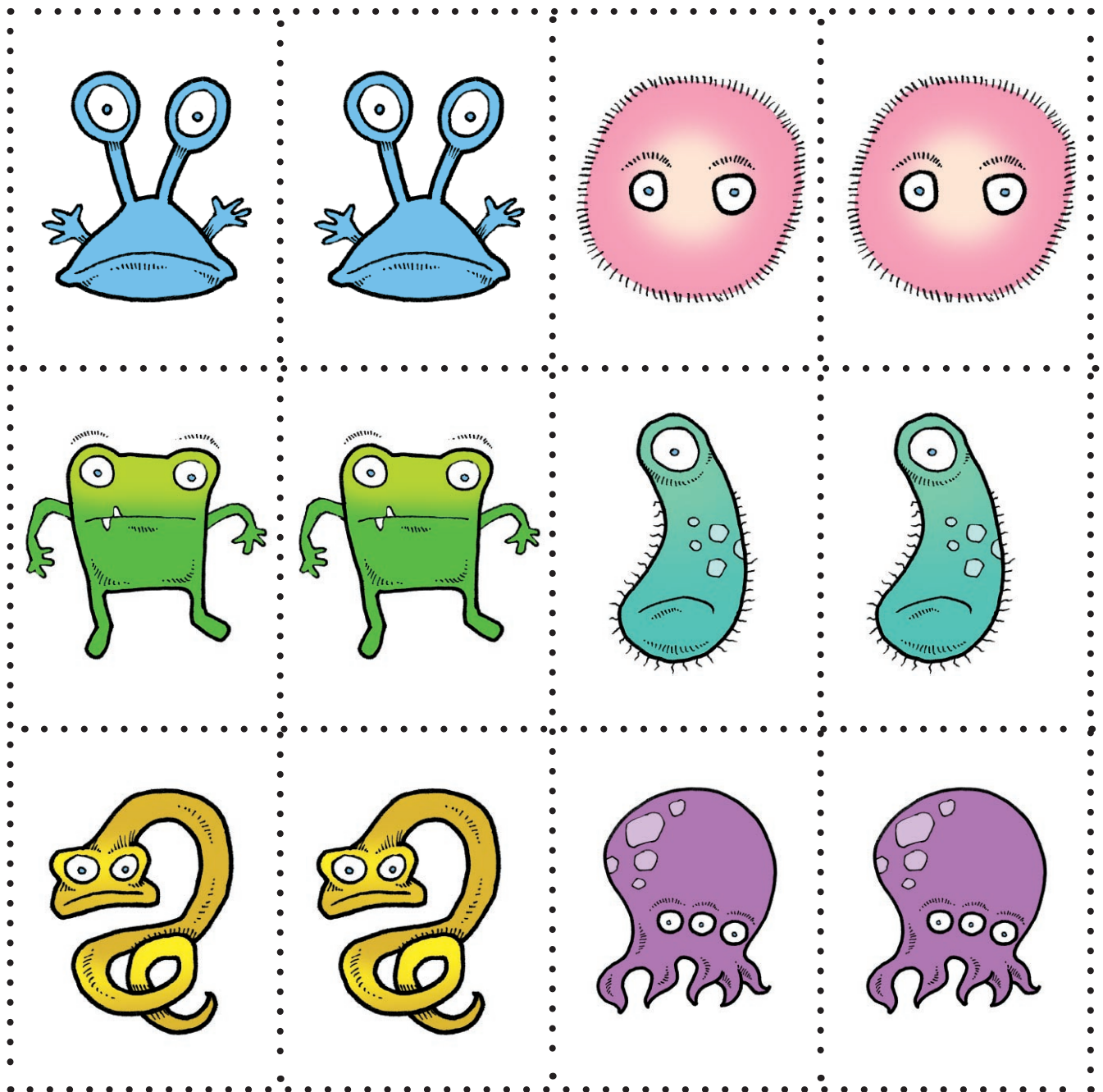
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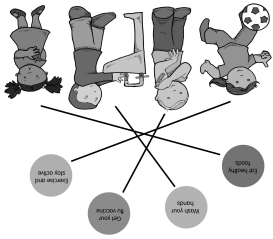
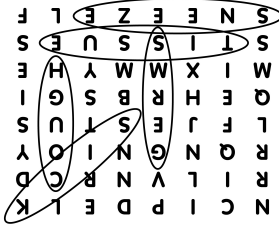
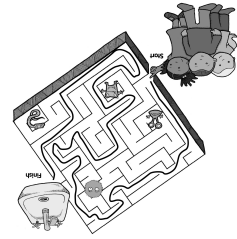
Fill in the secret letters found on each page to learn what you are!

GERMS AND FRIENDS MEMORY GAME

Find the most pairs of matching picture cards

How to play: | 1 | Cut out the cards along the dotted lines. Have an adult help you do this. | 2 | Mix up the cards and spread them face down on a table, desk, or the floor. | 3 | Play by yourself or with someone else. The youngest player goes first. | 4 | Take turns. Turn over two cards and try to match them. If you make a match, take both cards. Keep going until you miss. When you miss, the next player can try to find a match and keep going until he or she misses. | 5 | The player with the most matches at the end of the game wins.





Answers

Page 3: 4 germs. Page 7: Top row, boy in green shirt; Bottom row, boy sitting on basketball, girl in pink dress. Page 10: Top picture – True, sitting, False, No; Bottom picture – False, water is running (on), True, pink. Page 11: Healthy foods and drinks are carrots, milk, broccoli, and apple.

