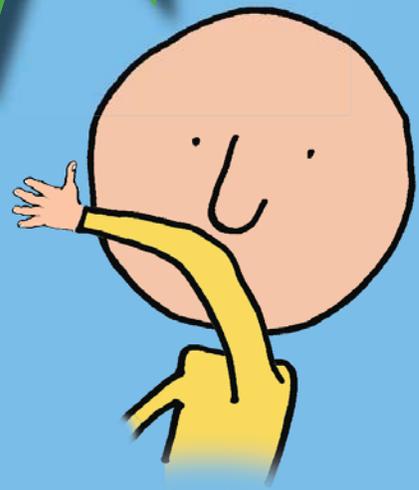


WHACK *the* FLU!

Activity Booklet



Missouri Department of Health and Senior Services
health.mo.gov
573-751-6113

This health information is part of Missouri's pandemic influenza educational efforts.

Dear Parent or Guardian,

Here at school your child is participating in the “WHACK the Flu” educational program that teaches children healthy habits to help them avoid getting sick this flu season. Students are learning to:

1. **Wash hands often with soap and water**, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
2. **Cover coughs and sneezes**. If you use a tissue, throw the tissue in the trash after use.
3. **Avoid touching your eyes, nose or mouth**. Germs spread this way.
4. **Try to avoid close contact with sick people**.
5. **Stay home if you are sick**.

The Centers for Disease Control and Prevention (CDC) states that **handwashing** is the single most important way to prevent the spread of infection and disease. If our children do a better job of **handwashing**, I think we will see a decrease in absences in our classroom. CDC also urges these preventive actions to protect you and your family from getting sick. Good health habits can help stop the spread of germs and prevent illnesses like the flu.

Please take time to go over the activities in this booklet, and encourage your child to practice the everyday healthy habits he/she has learned. Your example and your encouragement are so important! It is my hope that as each student in our class becomes aware of how important these habits are to preventing illness, especially proper **handwashing**, we will see a healthier year at school and at home.

Sincerely,

Your child's teacher

W

Wash your hands
often

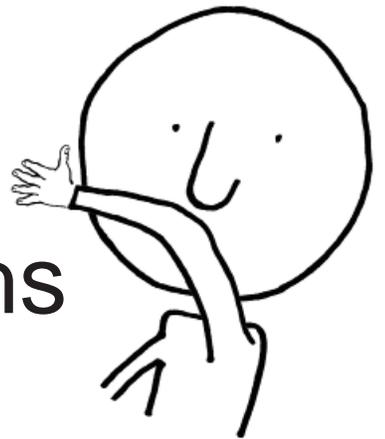


H

Home is where you stay
when you are sick

A

Avoid touching your eyes,
nose and mouth



C

Cover your coughs
and sneezes

K

Keep your distance from
people who are coughing
and sneezing

..... **the flu**

Color Me

WASH YOUR HANDS AFTER...



1. Playing with pets.



2. Using the bathroom.



3. Sneezing, blowing your nose or coughing.



4. Touching a cut or open sore.



5. Playing outside.

AND BEFORE...

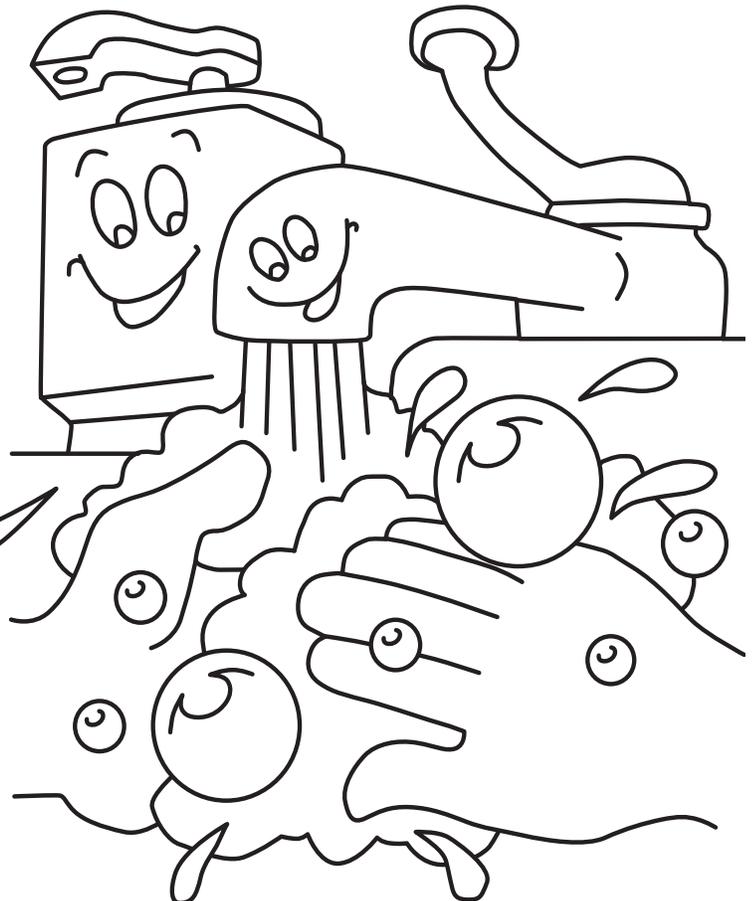


6. Eating

HERE'S HOW:

1. Wet your hands with WARM water.
2. Soap and scrub for 20 seconds — sing the handwashing song on the next page.
3. Rinse and dry.

Wash Wash Wash
your hands



Let's Sing the Handwashing Song!

Have a parent or family member help you sing the "WHACK the Flu" handwashing song.

Remember to sing it to the tune of "Row, Row, Row Your Boat." Have fun!

Wash, wash, wash your hands
Play our handy game!
Rub and scrub, and scrub and rub
Germs go down the drain, HEY!

Wash, wash, wash your hands
Play our handy game!
Rub and scrub, and scrub and rub
Dirt goes down the drain, HEY!



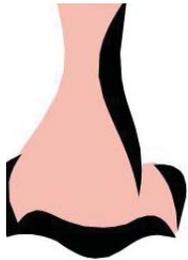


Fill in the Blanks! Use the pictures to help you.

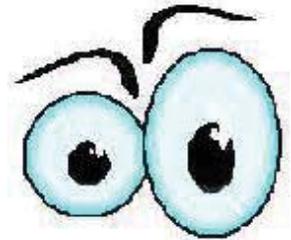


I wash my hands with _____
and water.

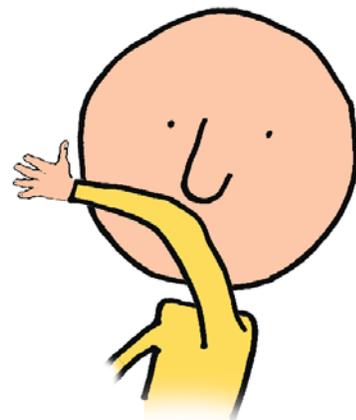
I stay _____
when I am sick.



I try not to touch my _____
or mouth.



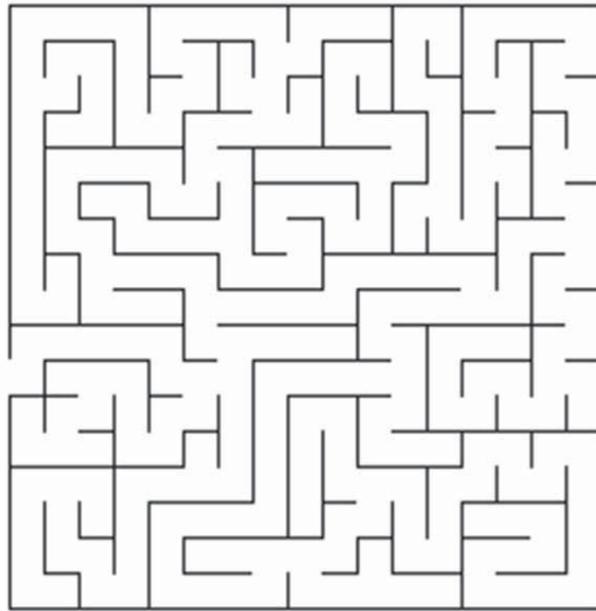
I cover my _____
and sneezes.
I stay away from people
who are sick so I don't
get sick.



Did YOU Wash Your Hands Today?

Betty has finished playing with her puppy, and she needs to find a sink to wash her hands!

Can you help her find the sink?



How to Wash Your Hands

- ✓ Wet hands with warm water
- ✓ Apply soap
- ✓ Rub hands together to make suds
- ✓ Continue for 20 seconds (sing Handwashing Song or Happy Birthday two times)
- ✓ Rinse hands under running water
- ✓ Dry hands with paper towel or air dryer
- ✓ Turn off water with a paper towel
- ✓ Ask an adult to help (watch) you

It's time for another song!

This song is about other habits that keep you healthy.
Ask a parent or family member to sing the song with you.
Sing it to the tune of "The Wheels on the Bus."

More Fruits and vegetables
every day,

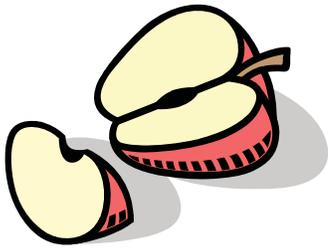
2 hours of screen time

every day,

1 hour of exercise

every day,

and no more sodas!



More Fruits and vegetables
every day,

2 hours of screen time

every day,

1 hour of exercise

every day,

and no more sodas!





Word Search

Find the following words in the puzzle below:

Clean

Flu

Dirt

Disease

Whack

Hands

Water

Tissue

Wash

Germs

E	G	E	R	M	S	N	W	P
S	U	Q	N	K	X	A	W	D
F	O	S	C	O	T	E	R	I
L	W	A	S	E	R	L	W	S
K	H	D	R	I	F	C	A	E
W	V	I	I	L	T	A	S	A
K	U	E	U	R	R	T	H	S
H	A	N	D	S	T	P	P	E





Find the secret message!

Add or subtract the math problems.
Find the letter that goes with your answer.
Write the letter under your answer.

9	8	10	7	3	10	6	12
<u>-5</u>	<u>+3</u>	<u>-7</u>	<u>-2</u>	<u>+3</u>	<u>-3</u>	<u>+5</u>	<u>-4</u>
—	—	—	—	6	—	—	—
				K			

5	7	6	12	11	6	5
<u>-4</u>	<u>-5</u>	<u>+3</u>	<u>-8</u>	<u>-8</u>	<u>+4</u>	<u>+6</u>
—	—	—	—	—	—	11
						H

Letter Key:

1 = F	5 = C	9 = U
2 = L	6 = K	10 = S
3 = A	7 = T	11 = H
4 = W	8 = E	



Crossword Puzzle

Fill in the blanks in the sentences.

Write the words in the puzzle.

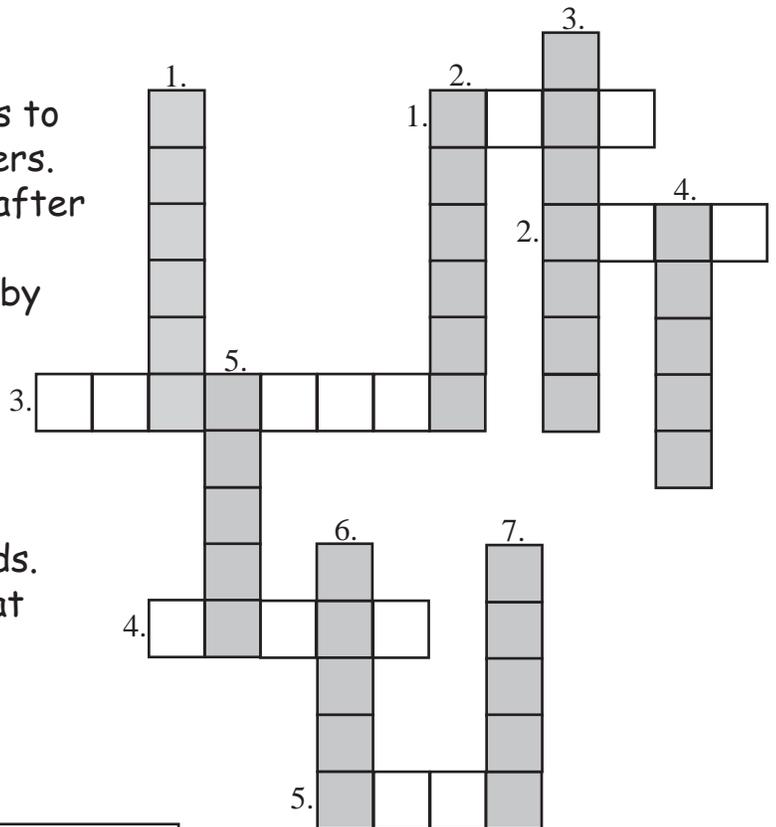
Use the words in the Word Bank to help you.

Across:

1. Wash your hands with lots of _____ and water.
2. Stay _____ when you are sick.
3. Keep your _____ from people who are coughing and sneezing.
4. Keeping your hands _____ helps you avoid getting sick.
5. Germs live in our noses, on our hands, and can make us _____.

Down:

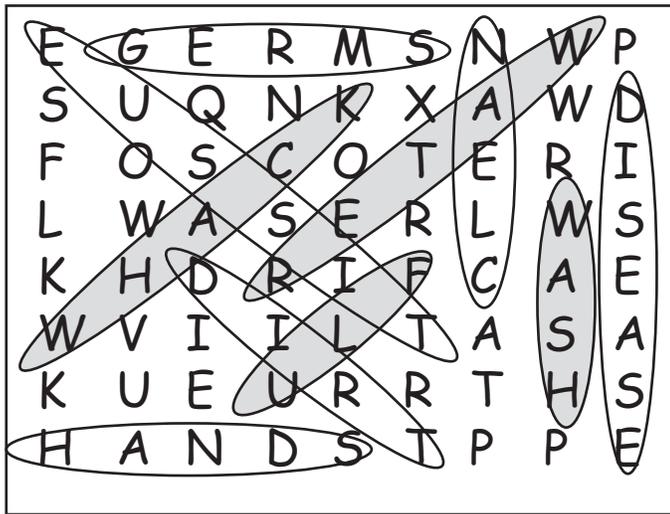
1. Cover your _____ and sneezes to keep germs from spreading to others.
2. Throw the tissue in the trash can after you _____.
3. Help prevent the spread of germs by _____ your hands.
4. Don't touch your eyes, nose, or _____ when you are sick because germs can get inside.
5. Turn the faucet off with a paper _____ after you wash your hands.
6. Wash your _____ before you eat and after going to the bathroom.
7. We can _____ the Flu and keep from spreading germs to others.



Word Bank:

- | | |
|----------|---------|
| Clean | Sick |
| Coughs | Sneeze |
| Distance | Soap |
| Hands | Towel |
| Home | Washing |
| Mouth | WHACK |

Word Search Answer Key

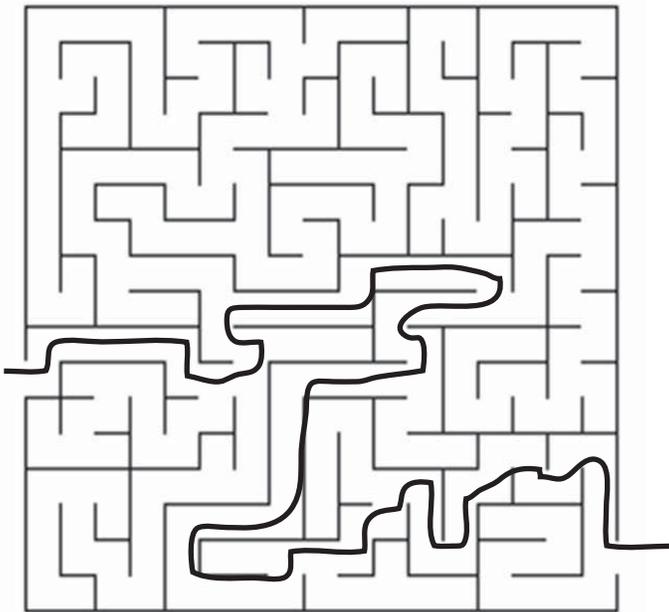


Secret Message Answer Key

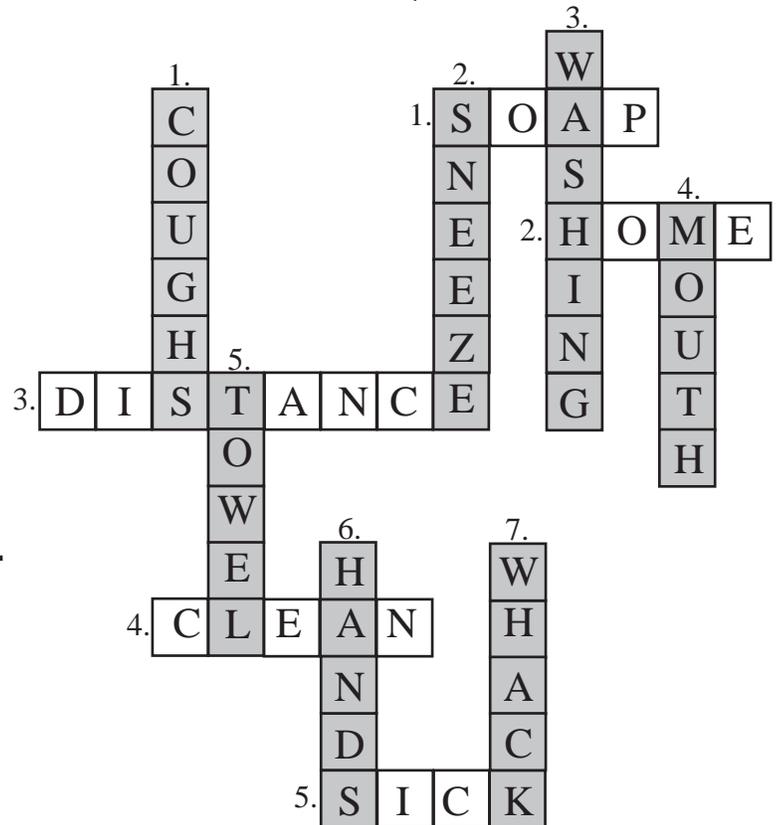
9	8	10	7	3	10	6	12
$\frac{-5}{W}$	$\frac{+3}{H}$	$\frac{-7}{A}$	$\frac{-2}{C}$	$\frac{+3}{K}$	$\frac{-3}{T}$	$\frac{+5}{H}$	$\frac{-4}{E}$

5	7	6	12	11	6	5
$\frac{-4}{F}$	$\frac{-5}{L}$	$\frac{+3}{U}$	$\frac{-8}{W}$	$\frac{-8}{A}$	$\frac{+4}{S}$	$\frac{+6}{H}$

Maze Answer Key



Crossword Answer Key



You can order printed copies of this activity booklet and find additional WHACK the Flu campaign materials, such as a skit and poster, at health.mo.gov/living/healthconditions/communicable/influenza/whack.