

WHACK THE FLU!

Pre-K to 5 SCHOOL HEALTH FLU PREVENTION PROGRAM



Missouri students can learn how to keep from getting—and spreading—the flu this season. The **WHACK the Flu** school health program is available with downloadable educational materials such as a skit, song, and posters for pre-K to 5 classrooms in elementary schools this winter.

WHACK the Flu is a community education program being adapted for Missouri schools from programs originally developed by California’s City of Berkeley and Napa County Public Health Divisions. The program teaches school children how to help protect themselves and others from illness by using effective hygiene habits, such as how to wash hands

appropriately and to cover their coughs and sneezes. The ultimate goal of the program is the reduction of illnesses spread through improper hygiene which should decrease absences in schools and workplaces. Older students, school staff, or community volunteers can be recruited and trained to perform the entertaining, yet educational, 15-minute classroom skit.

Although “WHACK” may just sound like a silly action word, it contains essential prevention messages. The acronym is used for its appeal to children and stands for:

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 or sneezing.

Downloadable Program Components:

- [Classroom Skit](#)
- [Activity Booklet for Kids](#)
- [Classroom Poster](#)
- [The Handwashing Song](#)

For additional information about the **WHACK the Flu** program, check out the website at health.mo.gov/living/healthcondiseases/communicable/influenza/whack or contact Alyce Turner with the Missouri Department of Health and Senior Services at 573-751-6113 or e-mail: Alyce.Turner@health.mo.gov.