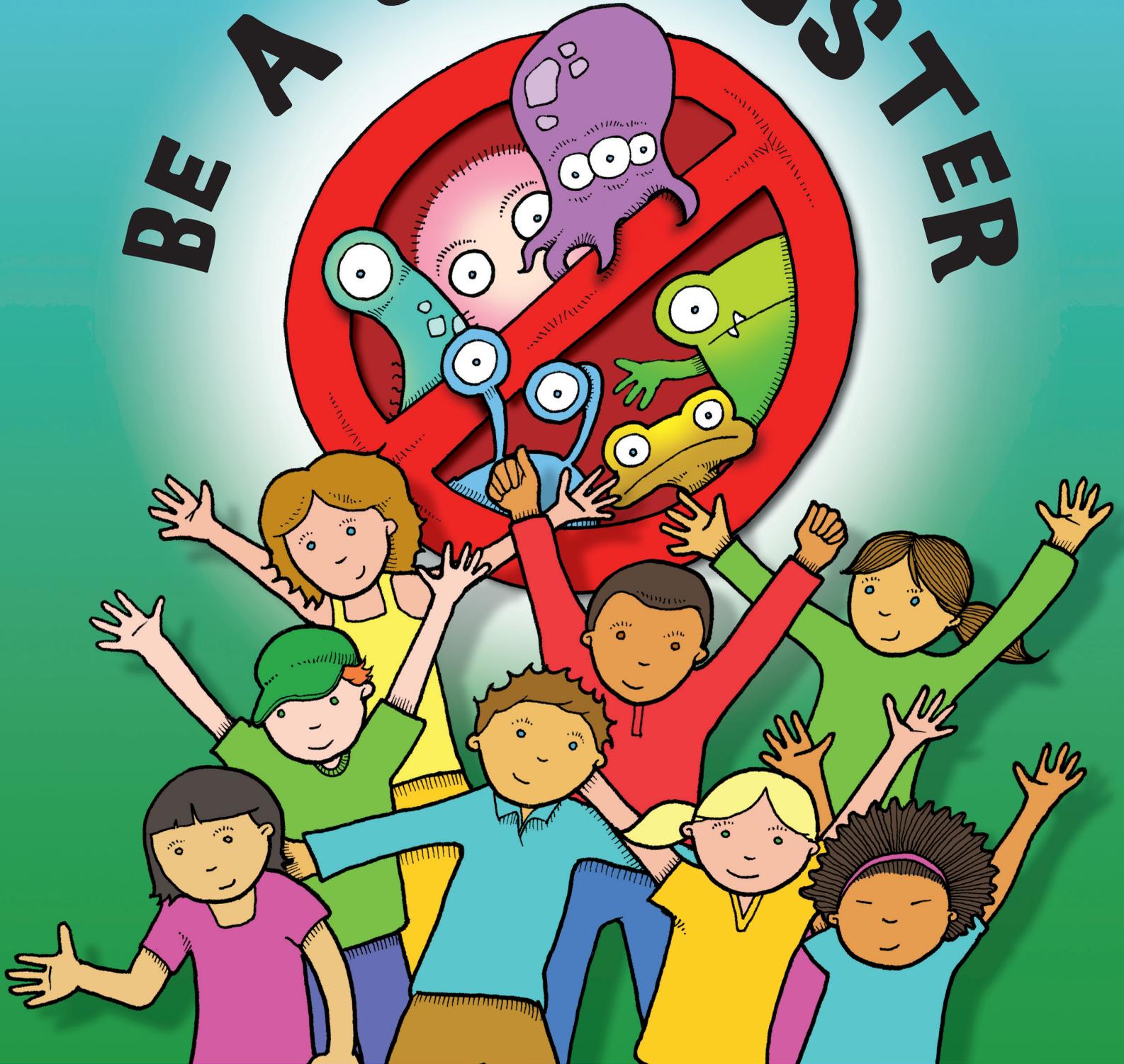


# BE A GERMBUSTER



# 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.



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Chief Deputy Director

## For More Information

Additional information on  
flu prevention may be obtained at  
[www.publichealth.lacounty.gov](http://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](http://www.publichealth.lacounty.gov/schools)

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the CDC. Its contents are solely the responsibility  
of the authors and do not necessarily represent  
the official views of the CDC.

June 2010

# GERMS ARE EVERYWHERE

Fill in the secret letter (see bottom of page)

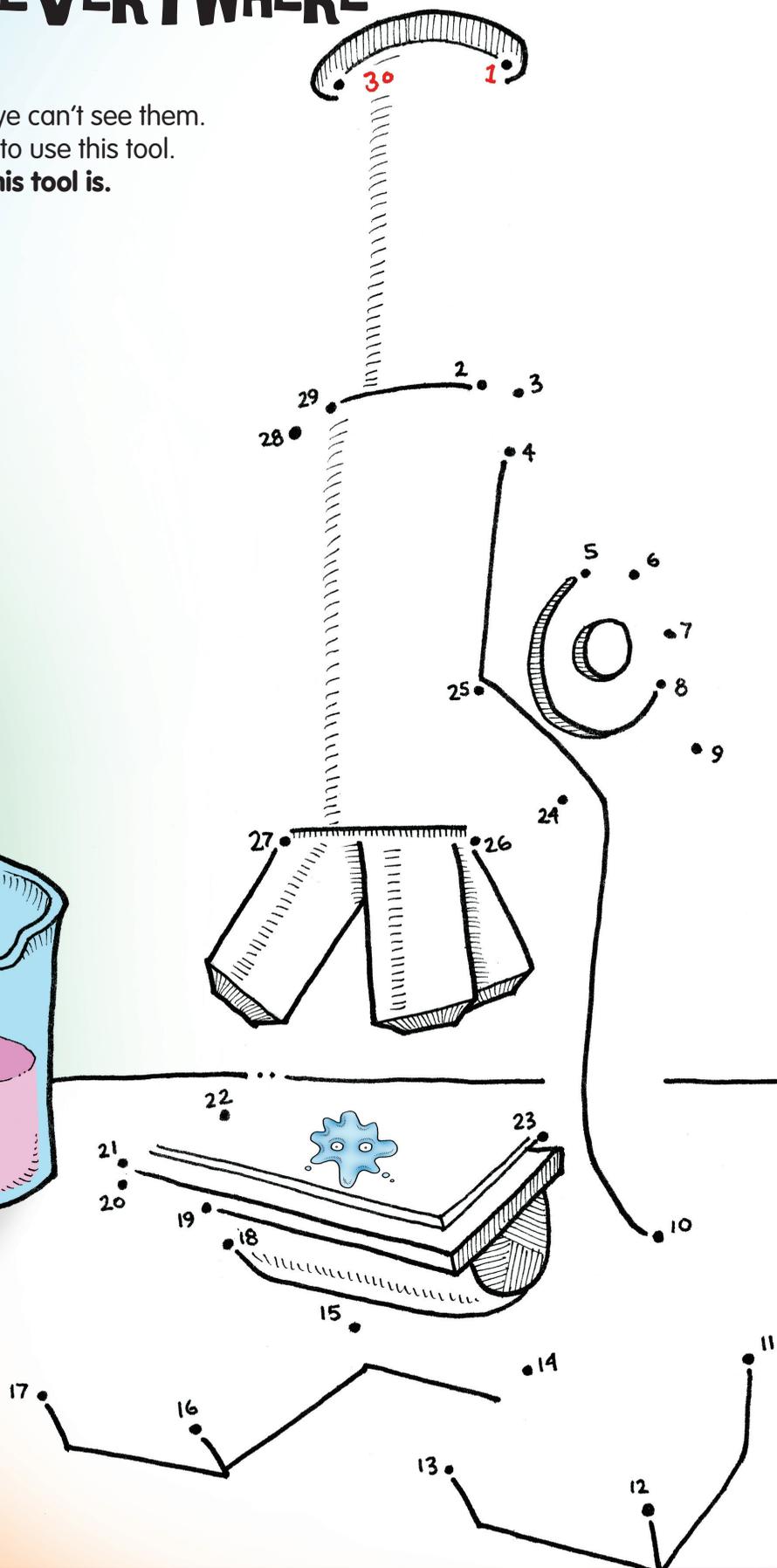
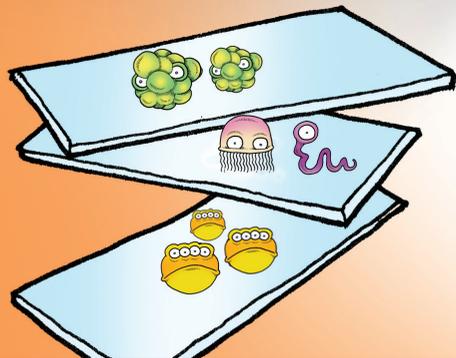
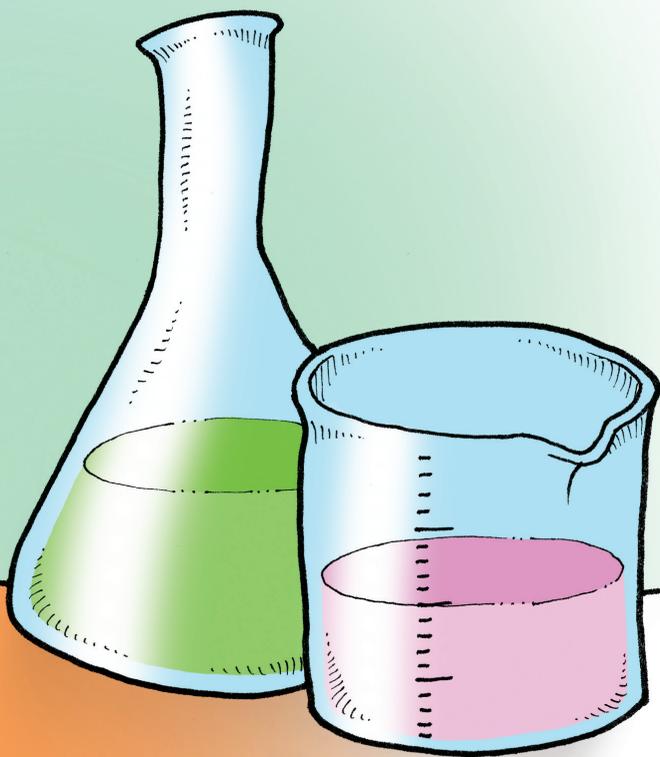
Germs are so small that the human eye can't see them. To see what germs look like, we have to use this tool.

**Connect the dots to find out what this tool is.**

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.

**FACTOID**



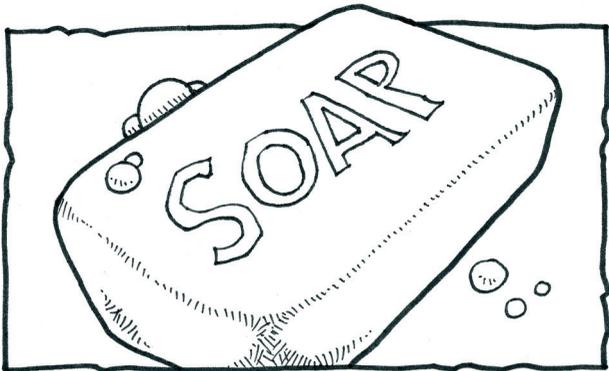
The term "flu" is short for "influenza."



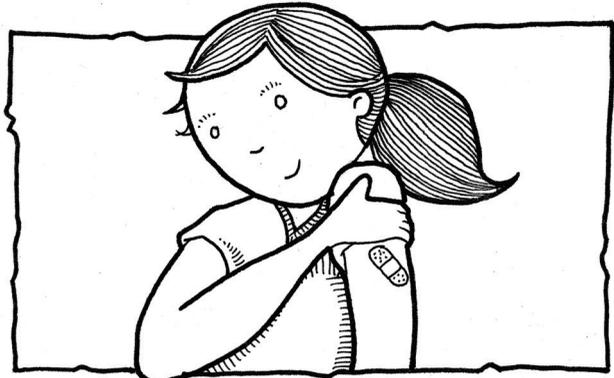
Wash your hands for 20 seconds



Cover your cough and sneeze



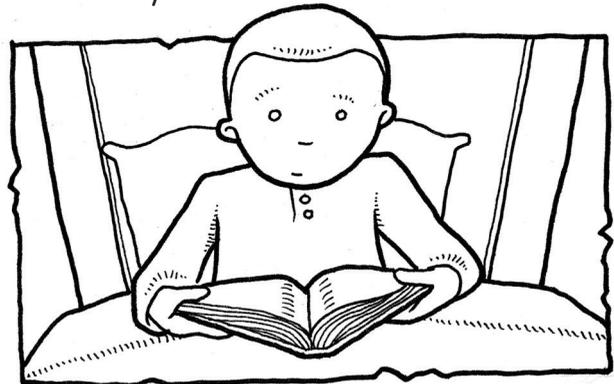
Use soap to wash your hands



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)

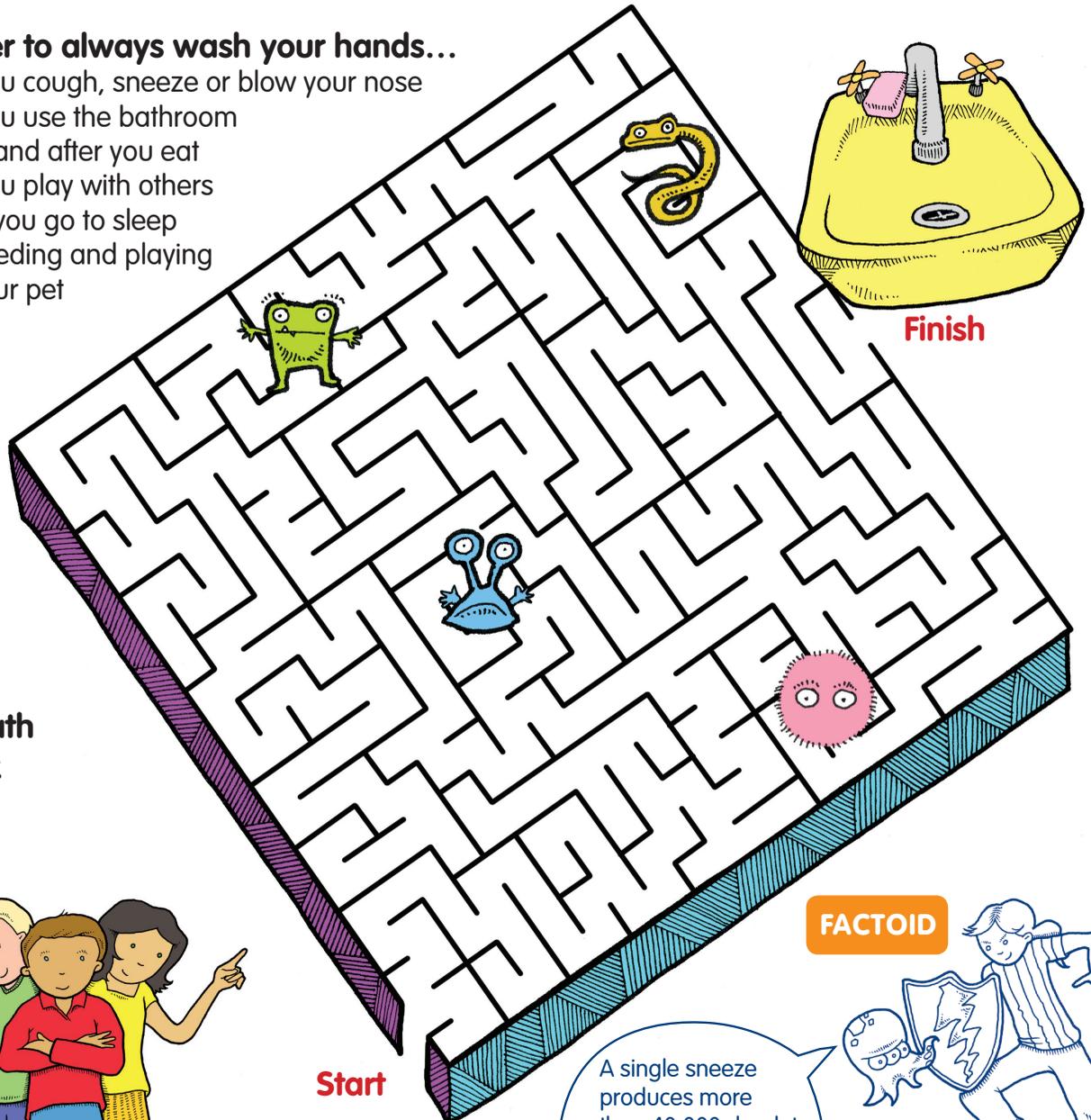
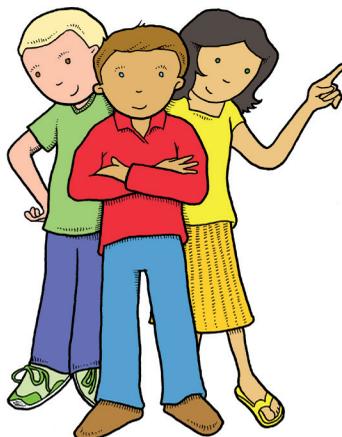
**Each time you touch something, you could pick up germs on your hands.**

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

**Draw a path to the sink**



**FACTOID**

A single sneeze produces more than 40,000 droplets of moisture and millions of germs, which can float in the air for hours!



# AKE SURE YOU COVER YOUR COUGH AND SNEEZE

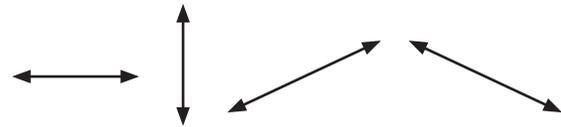
Fill in the secret letter (see bottom of page)

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, INFLUENZA, TISSUE, COVER, SLEEVE  
VACCINATION, INFECTION, SNEEZE, VIRUS

The words can be in any of these directions:



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

# ETTER STAY HOME IF YOU FEEL SICK!

**FACTOID**

Fill in the secret letter (see bottom of page)

**Don't share your germs with your friends and family.**

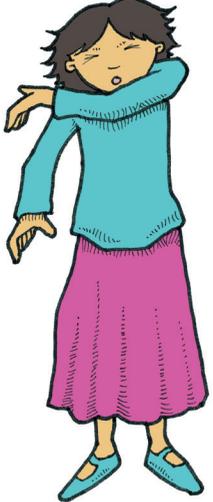
If you feel sick, stay home from school and after-school activities.

**Which kids are sick?**

Circle the kids who should have stayed home from school.



Viruses, not bacteria, cause the common cold and the flu. That's why antibiotics (which kill bacteria) do not work for colds or flu.

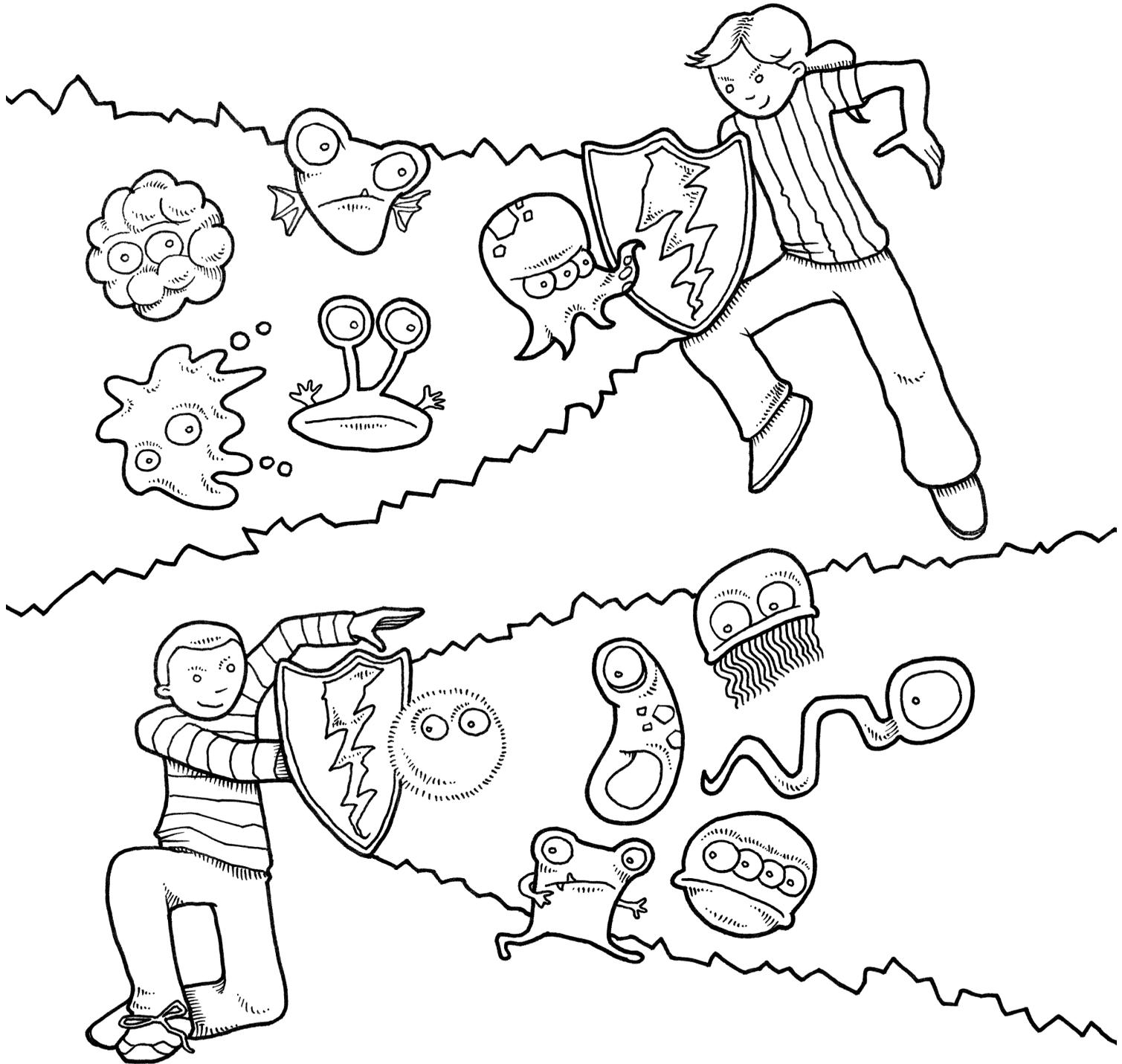


# VACCINES KEEP YOU        STRONG

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.

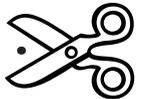
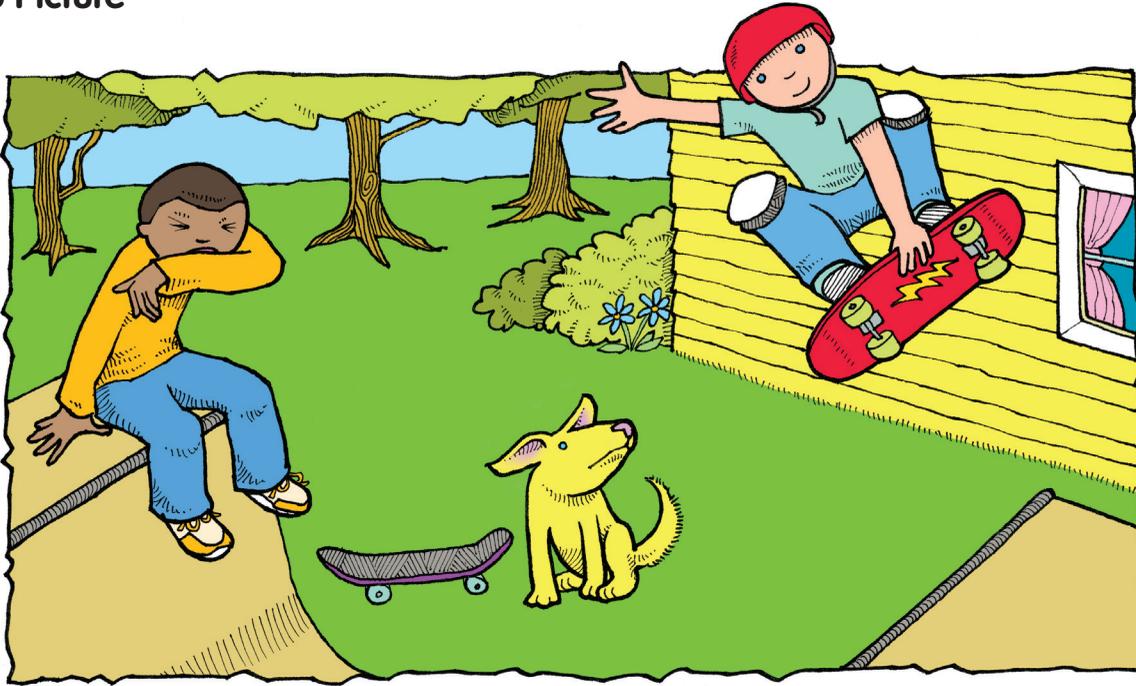


# TE \_ \_ T YOUR MEMORY

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 on the skateboard is wearing kneepads.
- Is the dog standing or sitting?
- True or False? The boy who is sneezing is using a tissue.
- How many skateboards are in the picture?
- True or False? The house is pink.



## How much do you remember about the Bottom Picture?

- True or False? The girl is taking a bath.
- Is the water in the sink running?
- True or False? There are towels on the towel bar.
- What color is the soap the girl is using?
- True or False? The cat is sitting on top of the bathtub.

# EA      HEALTHY FOODS TO STAY STRONG

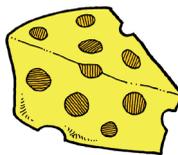
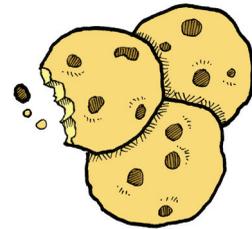
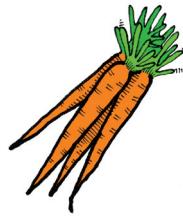
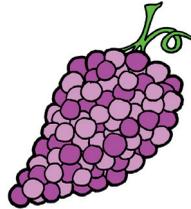
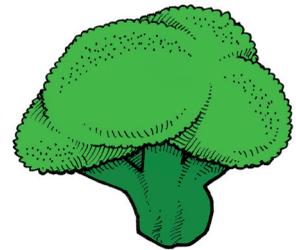
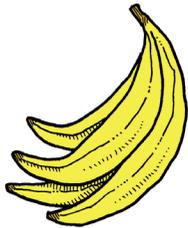
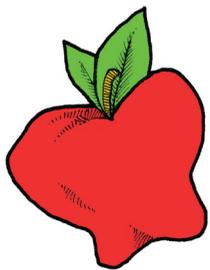
Fill in the secret letter (see bottom of page)

Eat a variety of fruits and vegetables every day. They contain essential vitamins, minerals, and fiber that can help keep your body strong.

**Circle the healthy foods and drinks**

**FACTOID**

An avocado is a fruit, not a vegetable.



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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

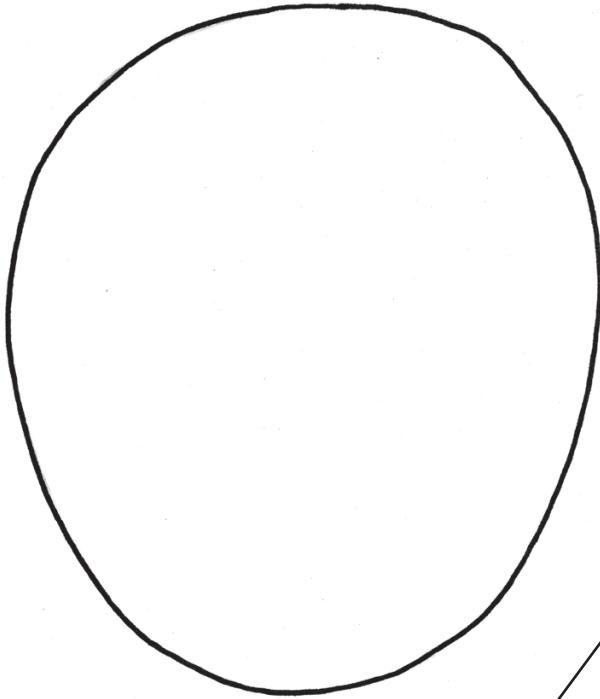
\_\_\_\_\_

\_\_\_\_\_

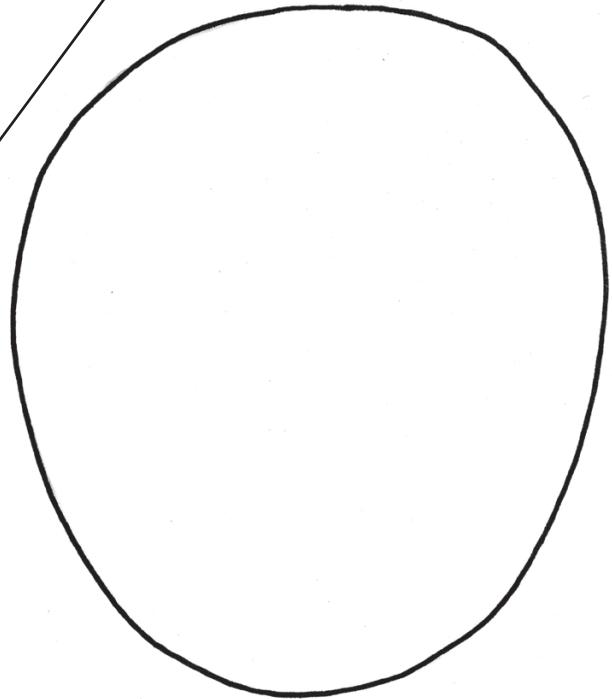
# DRAW YOUR FACE\_\_\_\_\_

Fill in the secret letter (see bottom of page)

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



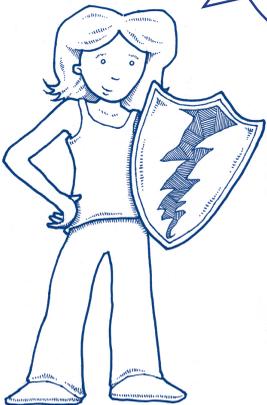
**Healthy Face**



**Sick Face**

**FACTOID**

The average normal body temperature is 98.6°F. A fever is defined as a body temperature of 100°F or greater.



**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.

FACTOID



To produce the flu vaccine, millions of chicken eggs are needed to grow the virus used in the vaccine.



Wash your hands

Get your flu vaccine

Eat healthy foods

Exercise and stay active



# GOOD JOB!

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



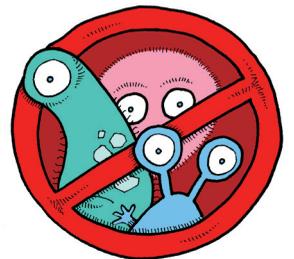
- Wash your hands!
- Cough or sneeze into a tissue or your sleeve.
- Stay home when you feel sick so you don't get others sick.
- Exercise, stay active and eat healthy foods to keep your body strong.
- Get your flu vaccine.



# CONGRATULATIONS!

Write your name

## You are an Official



Page

3

4

5

6

7

8

9

11

12

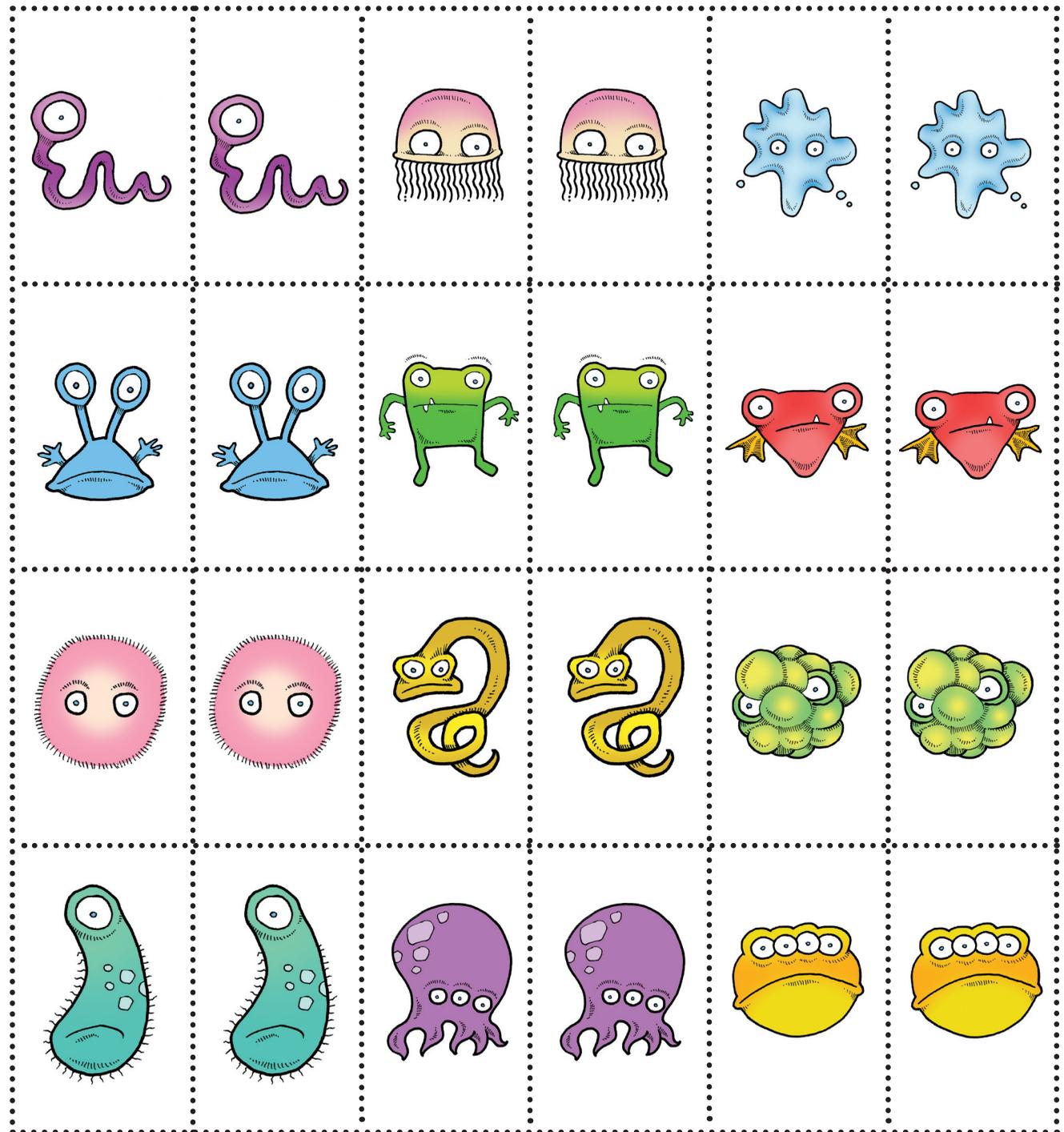
13

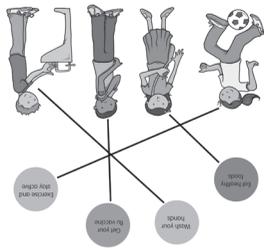
Fill in the secret letters found on each page to learn what you are!

# GERMS AND FRIENDS MEMORY GAME

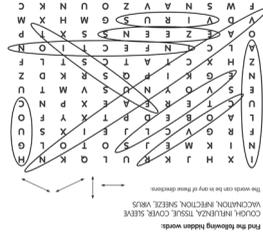
Find the most pairs of matching picture cards

How to play: | 1 | Cut out the cards along the dotted lines. | 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.

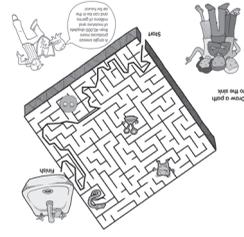




Page 13



Page 6



Page 5

Answers: Page 3: 8 germs. Page 7: Top row, boy in green shirt; Bottom row, boy sitting on basketball, girl coughing in sleeve. Page 10: Top picture - True, sitting, False, 2; False; Bottom picture - False, Yes (running), True, pink, False. Page 11: Healthy foods and drinks are apple, bananas, broccoli, grapes, carrots, cheese, milk.

