

January 2008 YOUTH Health Bulletin

Keeping Healthy During Flu Season



You have heard your parents and teachers talking about the flu. You may have even had friends or family who may have had the flu this year or in the past. It is important to learn how to protect yourself against getting sick or spreading the flu germs. Here are some tips to keep you, your family, your friends, and your teachers well during this year's flu season.

The **flu** is a respiratory (lung) illness caused from a **virus** belonging to the **influenza virus**. This virus is spread in droplets when we **sneeze** or **cough**. If you do not cover your mouth and nose when coughing or sneezing these droplets can get on your hands. When you touch things like someone else's hand, a desk, a pencil, a doorknob, or other objects you can leave behind these **germs** that cause the flu.

Here are some tips for staying healthy this flu season.

Share these tips with your family and friends:

- **Cover your mouth** and nose when coughing or sneezing.
- **Eat a healthy** diet each day that includes plenty of fruits and vegetables.
- Stay physically active. Try to get some form of **physical activity** such as walking, running, or other activity every day.
- Get plenty of **sleep**.
- Find time to **relax** with your family and friends.
- Most importantly practice good **handwashing**. This is the single most important way to prevent the spread of flu germs as well as other germs that can cause you to become sick.

INSERT YOUR TEXT HERE

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Good Handwashing

1. Using warm water, wet your hands and wrists.
2. Use a mild soap to lather up your hands, fingers, wrists, and fingernails.
3. Sing the "Happy Birthday" song two times while washing your hands.
4. Using warm water, rinse the soap off your hands and wrists.
5. Using a paper towel, personal towel, or hand dryer gently dry your hands. Don't rub them dry, just gently pat your hands dry.

When to wash my hands?

- Before eating or drinking.
- Before preparing food or drink.
- After using the restroom.
- After petting or playing with your favorite animal.
- After coming in from playing outside.
- Helping someone who is sick.



When Should I Wash My Hands? Matching Game

See if you can match the following statements with the appropriate word that describes when you should wash your hands! Remember, each statement can have more than one answer. (Answers below)

BEFORE <input type="checkbox"/>	Example	<input type="checkbox"/> Using the Restroom
DURING <input type="checkbox"/>		<input type="checkbox"/> Preparing Food or Drinks
AFTER <input type="checkbox"/>		<input type="checkbox"/> Helping someone who is sick <input type="checkbox"/> Eating or Drinking <input type="checkbox"/> Petting or playing with your favorite animal <input type="checkbox"/> Coming in from playing outside <input type="checkbox"/> Touching your face or hair

To learn more about germs and handwashing visit these fun web-sites:

Henry the Hand at:
www.henrythehand.com.

The Scrub Club at
<http://www.scrubclub.org/home.php>.

<input type="checkbox"/> Using the Restroom <input type="checkbox"/> Preparing Food or Drinks <input type="checkbox"/> Helping someone who is sick <input type="checkbox"/> Eating or Drinking <input type="checkbox"/> Petting or playing with your favorite animal <input type="checkbox"/> Coming in from playing outside <input type="checkbox"/> Touching your face or hair	BEFORE <input type="checkbox"/>	DURING <input type="checkbox"/>	AFTER <input type="checkbox"/>
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Sources

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 Centers for Disease Control and Prevention (2005) An Ounce of Prevention: it keeps the germs away. Available online at http://www.cdc.gov/germstopper/home_work_school.htm.
 Henry the Hand Foundation-Henry the Hand Champion Hand Washing Program-Dr. William P. Sawyer, creator. Available online at <http://www.henrythehand.com>.
 Keep Kids Healthy Web Site. <http://www.keepkidshealthy.com>.
 NSF International, The Scrub Club. <http://www.scrubclub.org/home.php>.

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