



What is the Flu?

-  A sore throat
-  Cough
-  Fever
-  Runny nose or stuffy throat
-  Headaches
-  Chills



Share Fun!



No Spread Pledge

Rufus says, "take the pledge!"

-  Get a flu shot every 12 months.
-  Wash your hands often.
-  Cough into your elbow or a tissue.
-  Throw tissues in the trash.
-  Stay home when you are sick.

My Name _____



Stay Healthy!



Rufus Says

"Wash Your Hands. Stop the Flu."

Do you know the right way to wash your hands?

1. Turn on warm water and wet your hands.
2. Add soap and rub your hands together.
3. Sing the alphabet song to yourself 2 times.
4. Rinse your hands.
5. Dry off your hands.
6. Use paper towel to turn off water.

Get On Board!

Get Your Flu Shot to Stay Healthy!

