

1

Did you know that a sneeze can travel over 100 miles per hour? No wonder the flu can spread so fast!

2

There are only a few kinds of flu, but over 200 kinds of colds! And they all make you feel pretty yucky.



3

If you have the flu, rest in bed and drink plenty of water. You may also need to see a doctor for special medicines.

8

Almost 35 million people can get the flu every year! Imagine if they all sneezed at once - yikes!

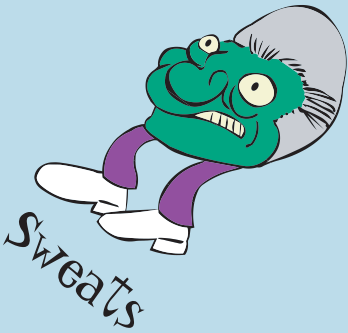
The most common time of year to get the flu is during the cold winter months. So why do they call it Spring Fever?

7

A flu can make your nose run, your chest hurt and your head spin. With all that going on at once, no wonder you need to lay down. In one cough or sneeze you can spread thousands of little particles called "viruses," so remember to cover your cough.

4

To help keep the flu from bugging you, wash your hands the Scrub Club® way!



6



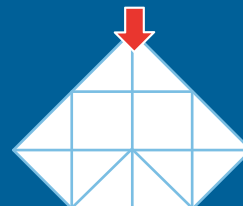
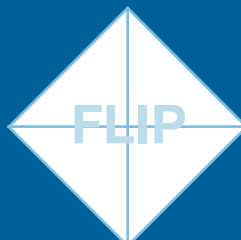
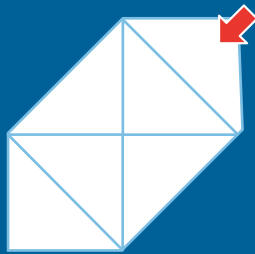
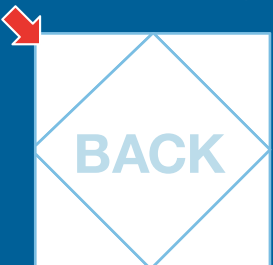
5

(Cut off instructions before folding)

Scrub Club® HANDANGO!

Have fun with your friends and learn how to stop Influenza Enzo and his Flu Crew.

Take each corner and fold it back to the middle of the square.



Turn over, then continue folding. Each corner should be folded back to the middle of the square.



Push all four corners toward the middle and slip fingers under the flaps.

