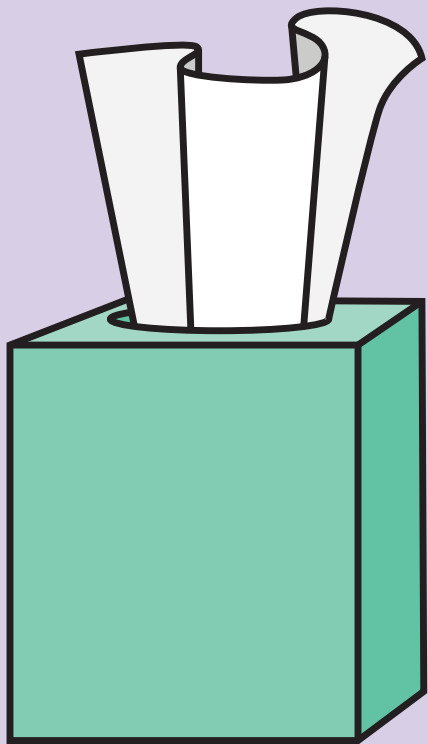


READY WRIGLEY  
PREPARES  
FOR FLU  
SEASON



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

This series has been endorsed by:

American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

[www.healthychildren.org](http://www.healthychildren.org)



NAME : \_\_\_\_\_

### Note to Parents, Guardians, and Teachers

The Centers for Disease Control and Prevention has created **Ready Wrigley** to provide parents, guardians, teachers, and young children with tips, activities, and a story to help the whole family prepare for emergencies. Together with your child, join Wrigley as she helps her family stay healthy during flu season.

The activity book is designed to provide an interactive tool to further your child's education and prevent the spread of the flu in your community. We hope you will encourage use of this workbook in your schools, communities, and families to help children learn the importance of being prepared and staying healthy.

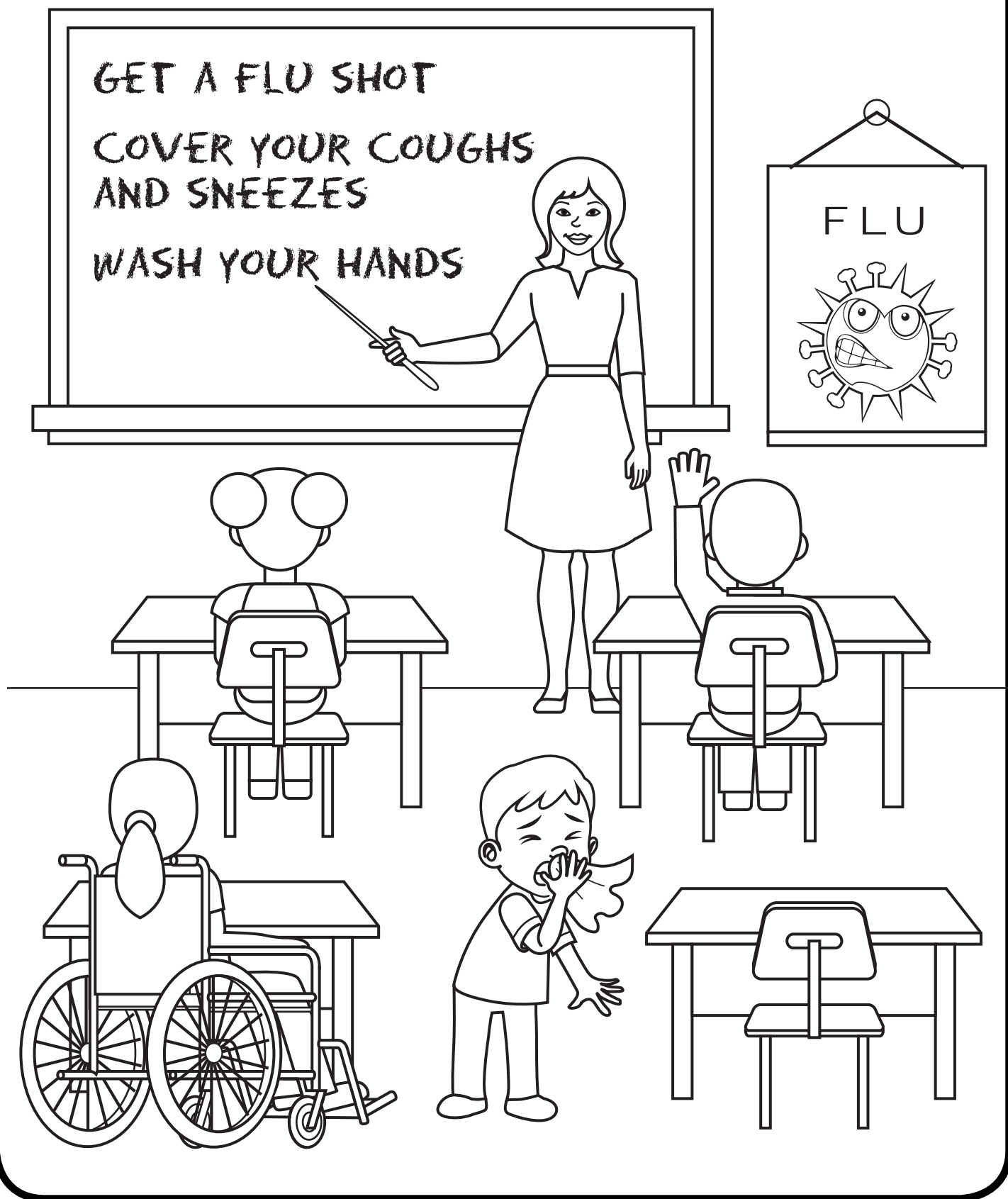
When it's almost time for Halloween, that means flu season is almost here, too!



The flu makes you sick. It can make your whole body feel bad. People most often get the flu in the fall and winter. The flu can make your head hurt, make your muscles and body ache, and give you a sore throat, cough, or runny or stuffy nose. Gross!



Some people who get the flu might not feel sick. They still can give the flu to people around them.



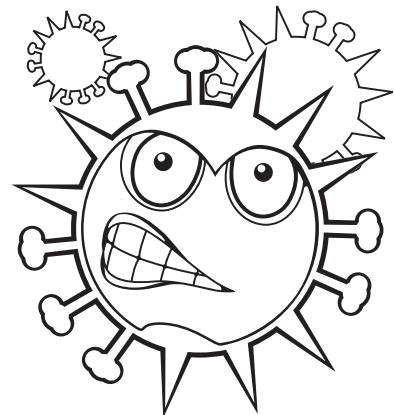
# FLU WORD SEARCH

The flu can spread from one person to another person and make a lot of people sick.

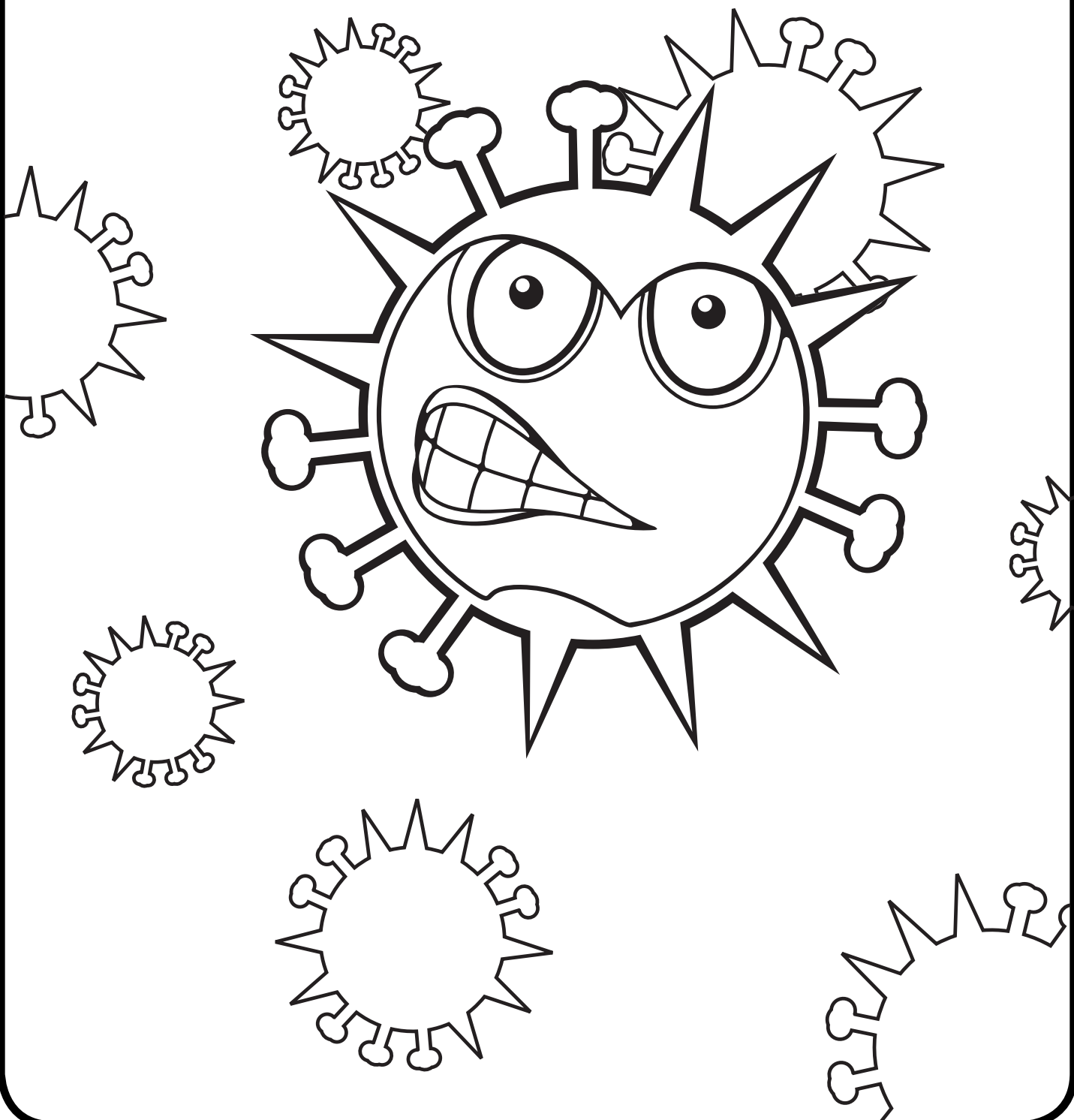
**Help Wrigley find all of the flu words below. The words can be across, down, or even diagonal.**

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

COUGH	REST
FEVER	SHOT
FLU	SICK
GERMS	SNEEZE
HEADACHE	STUFFY

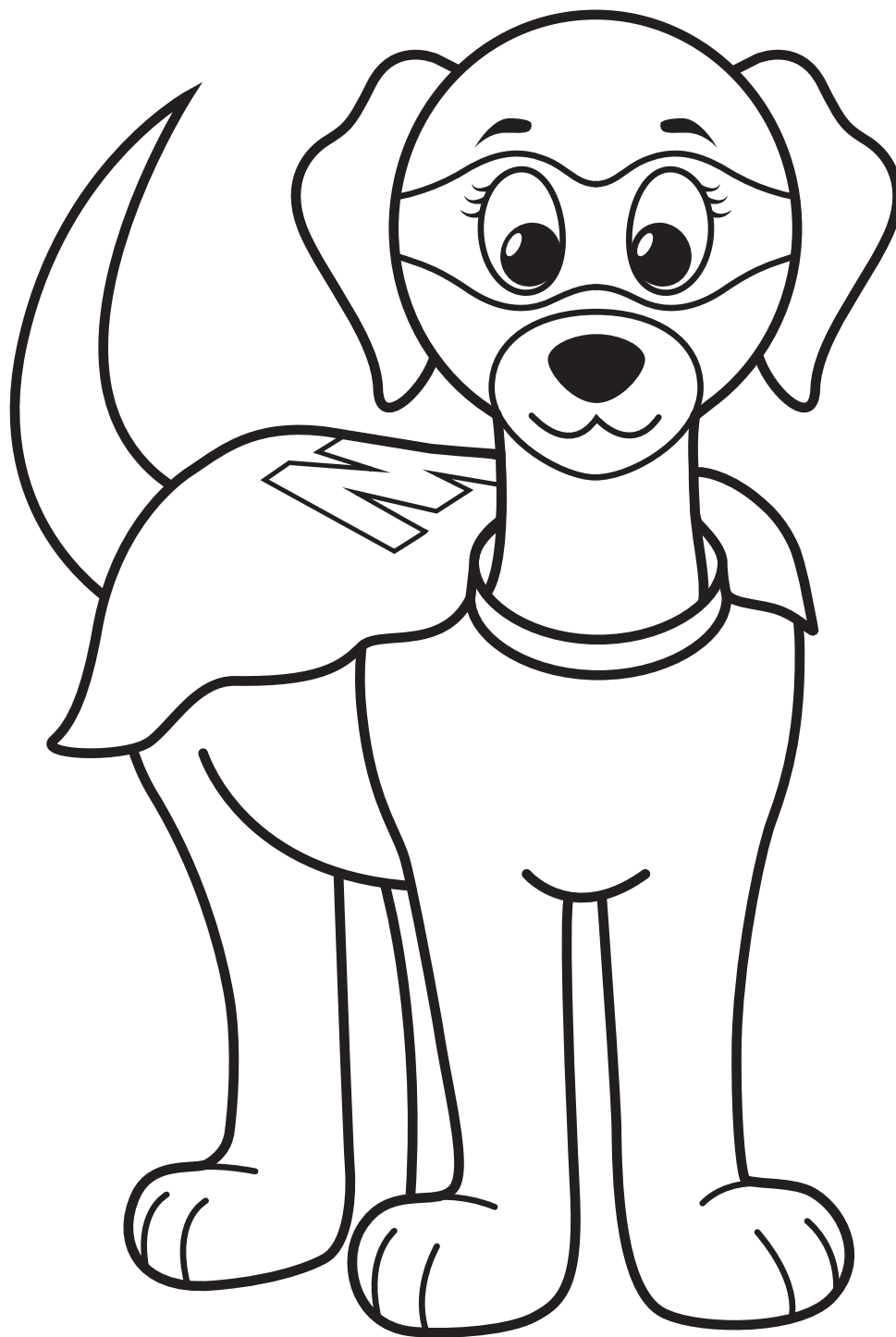


Flu germs spread when sick people sneeze or cough. You can get the flu when you breathe in those germs. Flu germs can also land on things. If you touch something with flu germs on it and then touch your eyes, mouth, or nose, you can get the flu that way, too!





How do you protect yourself from the flu? Ready Wrigley knows what to do!



READY WRIGLEY TO THE RESCUE!

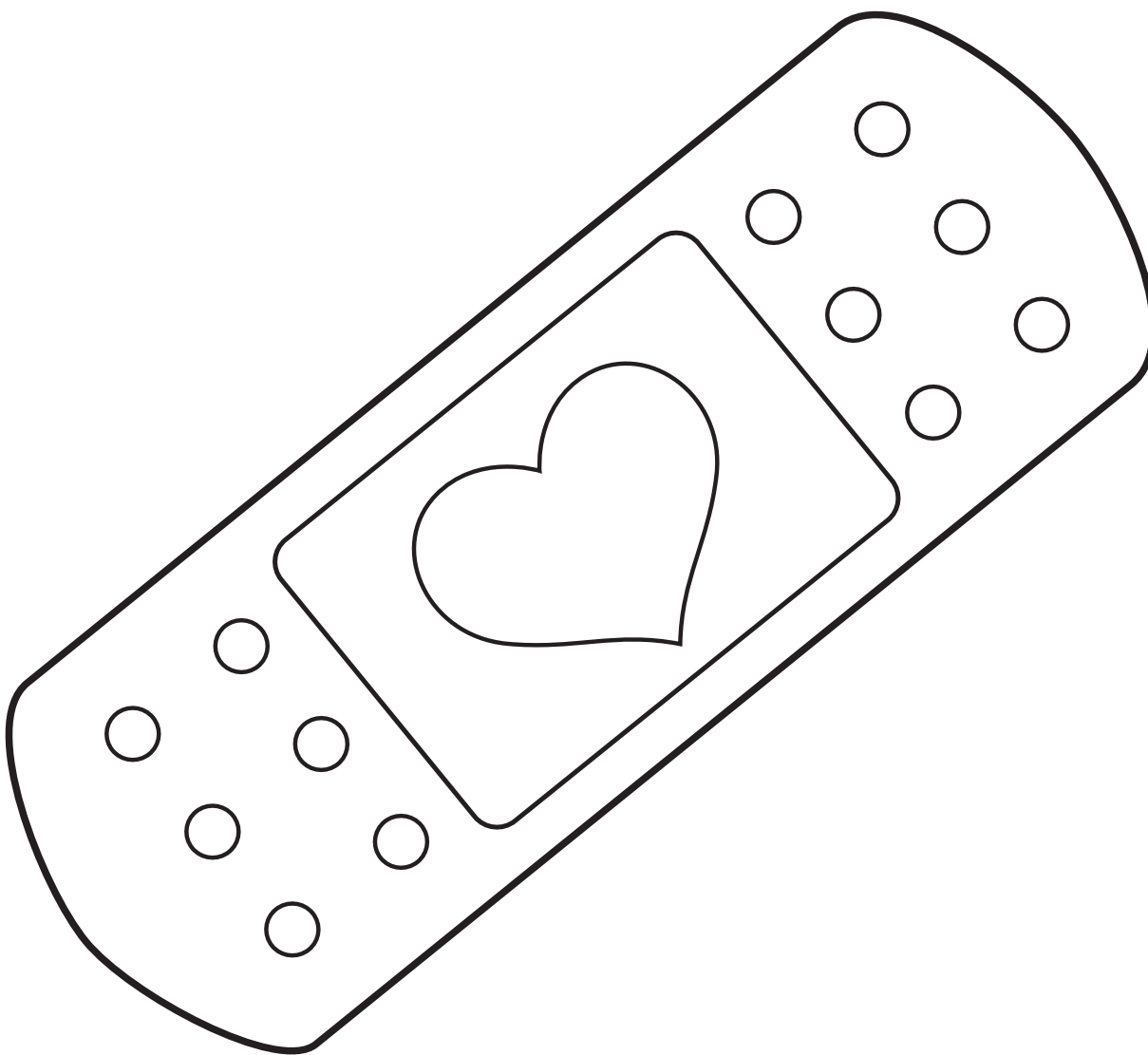
Wrigley makes sure everyone in her family gets a flu shot. This is the best way to protect yourself from getting sick with the flu. Getting a flu shot helps protect other people, like your baby brother or sister who is too young to get a flu shot, or your friends who are not able to get vaccines.



It is best to get a flu shot by the end of October, but you can still get a shot as long as the flu is making people sick.

The flu shots are made to protect you from the flu. Flu shots cannot give you the flu. Getting a flu shot is very quick, but it may hurt a little. Remember that it is keeping you healthy. A quick shot is much better than getting the flu!

**Color a fun bandaid to wear!**



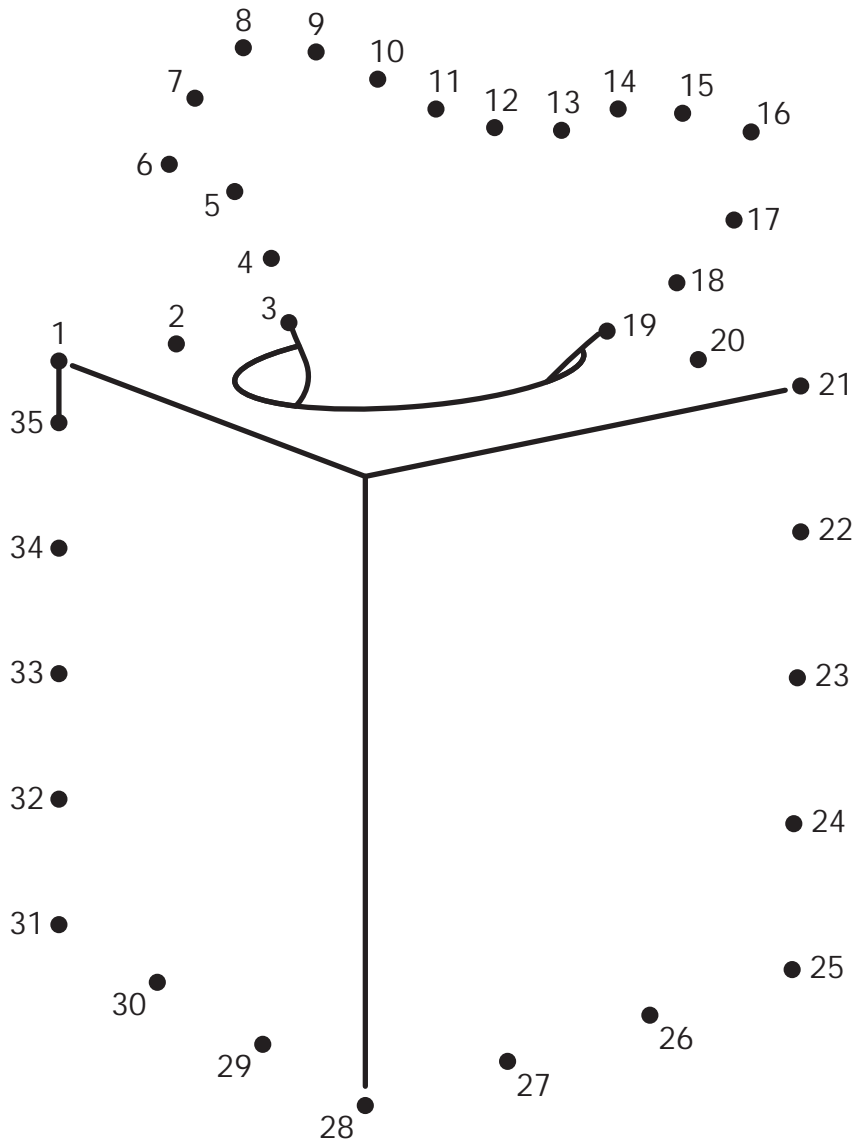
It is really important that children with special health needs get a yearly flu shot because they can get a more serious flu illness. If they get the flu, they should get treatment right away.

# CONNECT THE DOTS

Besides getting a flu shot, there are things you should do EVERY DAY to fight the flu!

- Cover your mouth and nose when you sneeze
- Use a tissue and then throw the tissue away
- If you don't have a tissue, cough or sneeze into your sleeve
- Wash your hands a lot!

**Connect the dots to find a tissue box.**



Wash your hands for 20 whole seconds, which is about the time it takes to sing the "Happy Birthday" song two times! It is important to use soap and water to make sure the dirt and germs wash away.



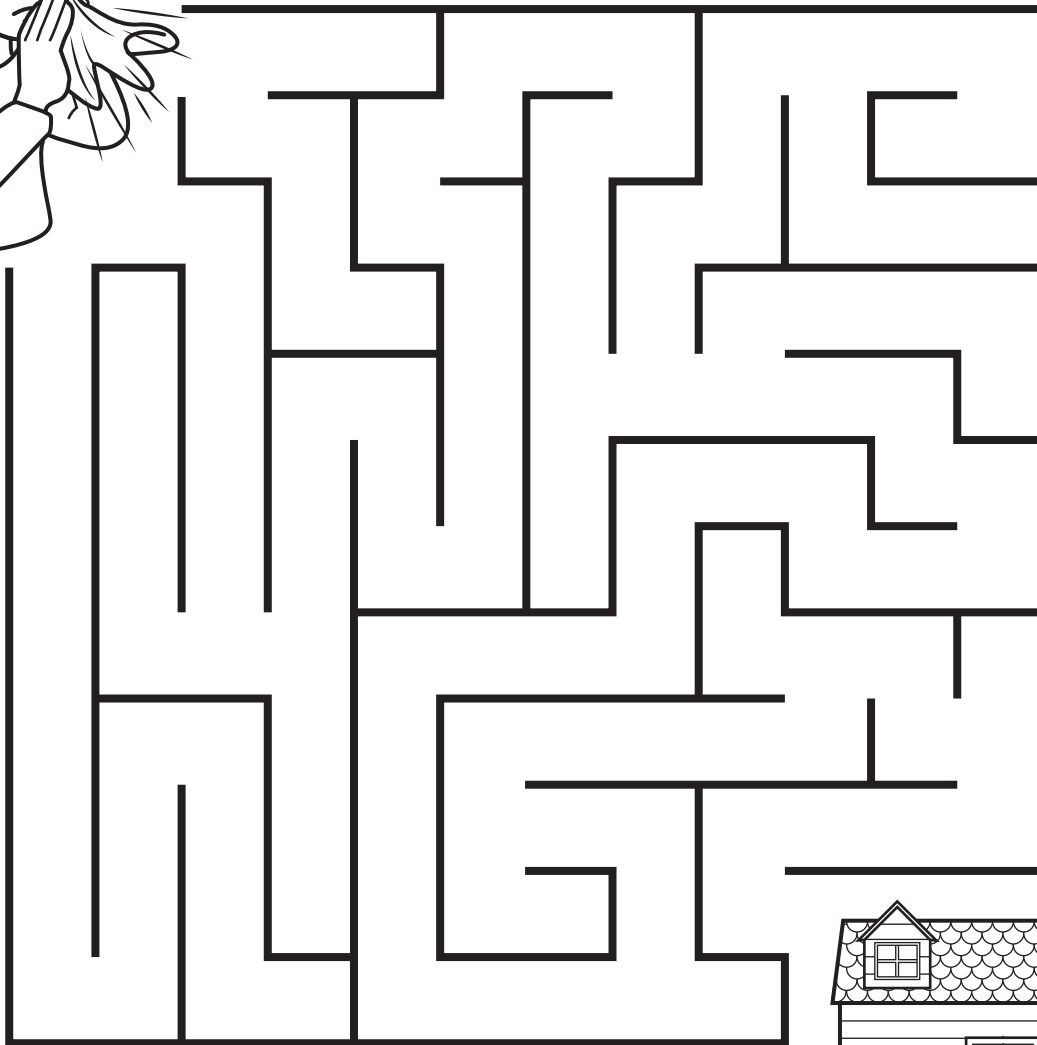
Dad does not feel good. He forgot to get his flu shot this year and now he is sick!

Dad also has asthma. People with asthma and other health problems can get really sick from the flu. Dad goes to the doctor to get a special medicine to make him feel better.

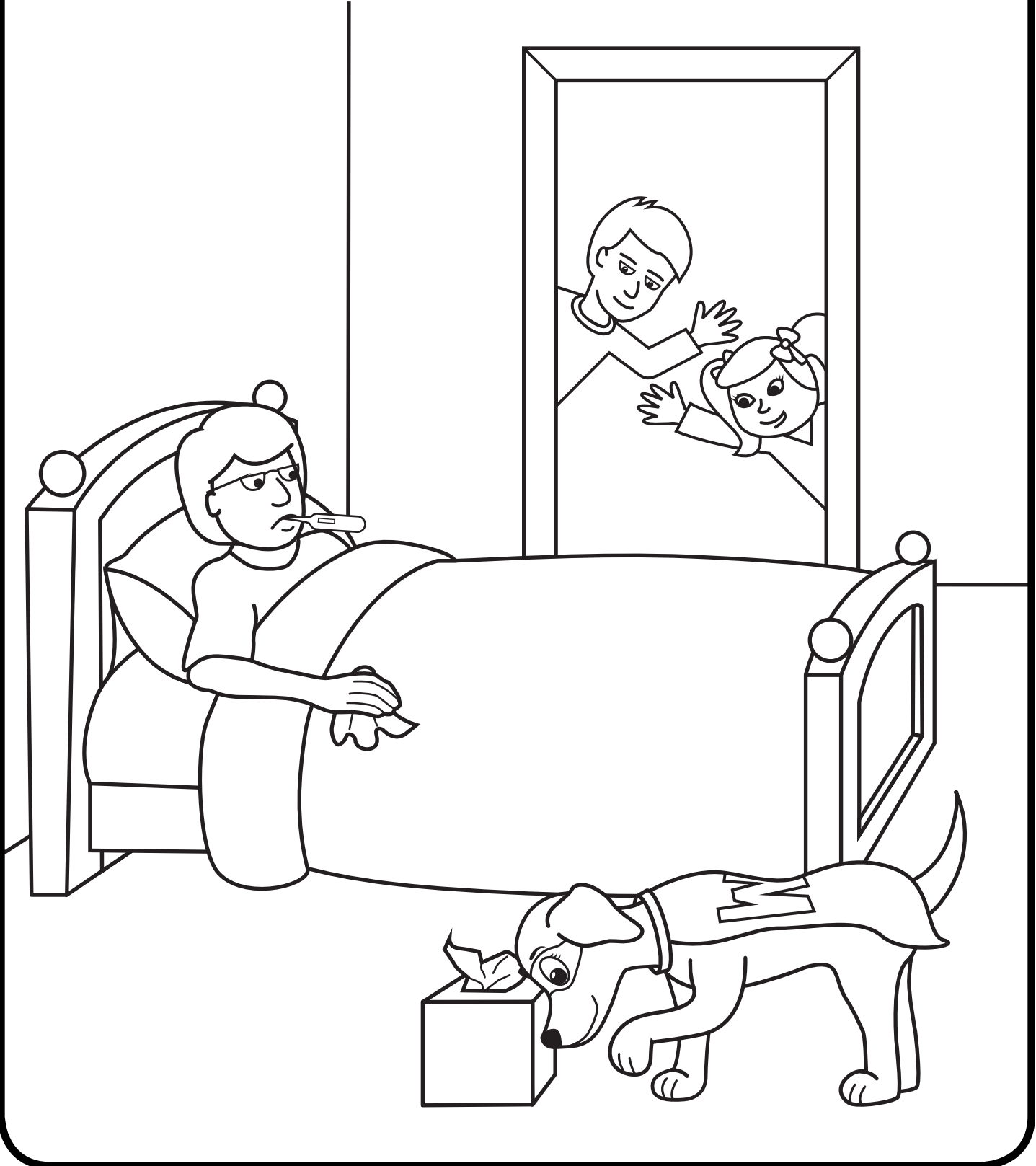
**Dad needs to rest! Help Dad get home from the doctor's office.**



**START**



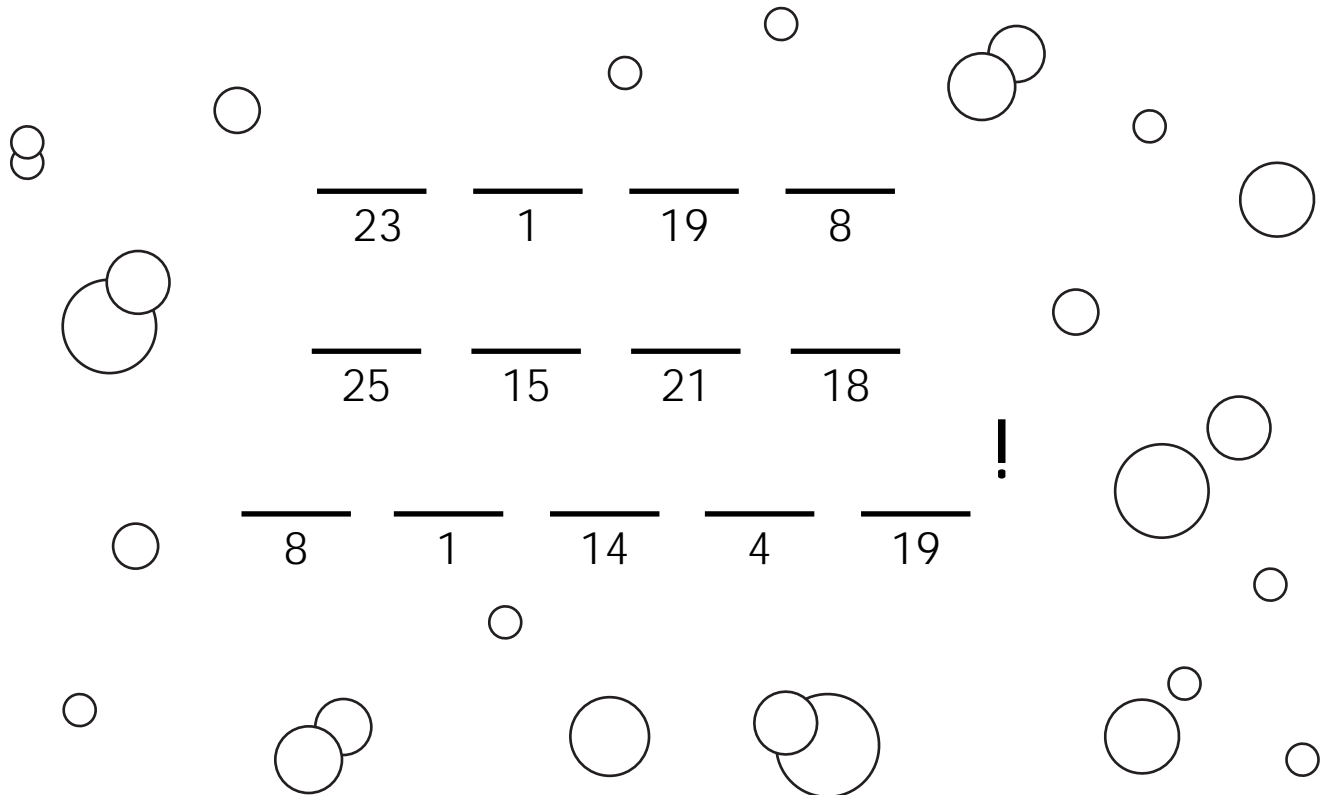
Dad asks the kids to stay away from him because he is sick. Wrigley and the kids wave at Dad. It is important to stay away from people who are sick so you do not get sick, too!



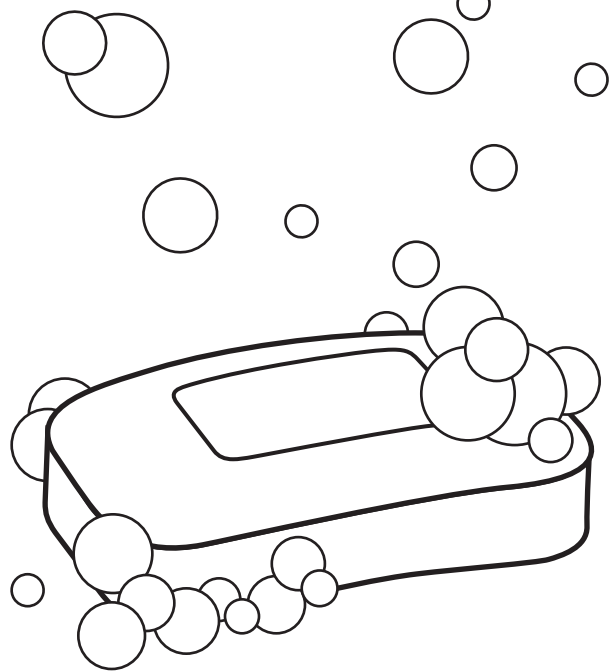
# SECRET MESSAGE

Mom is taking care of Dad. Dad covers his mouth when he coughs and his nose when he sneezes to keep Mom from getting sick. She washes her hands right away!

**Decode the secret message for one step to take to help prevent the flu.**



KEY			
7-G	14-N	21-U	
1-A	8-H	15-O	22-V
2-B	9-I	16-P	23-W
3-C	10-J	17-Q	24-X
4-D	11-K	18-R	25-Y
5-E	12-L	19-S	26-Z
6-F	13-M	20-T	

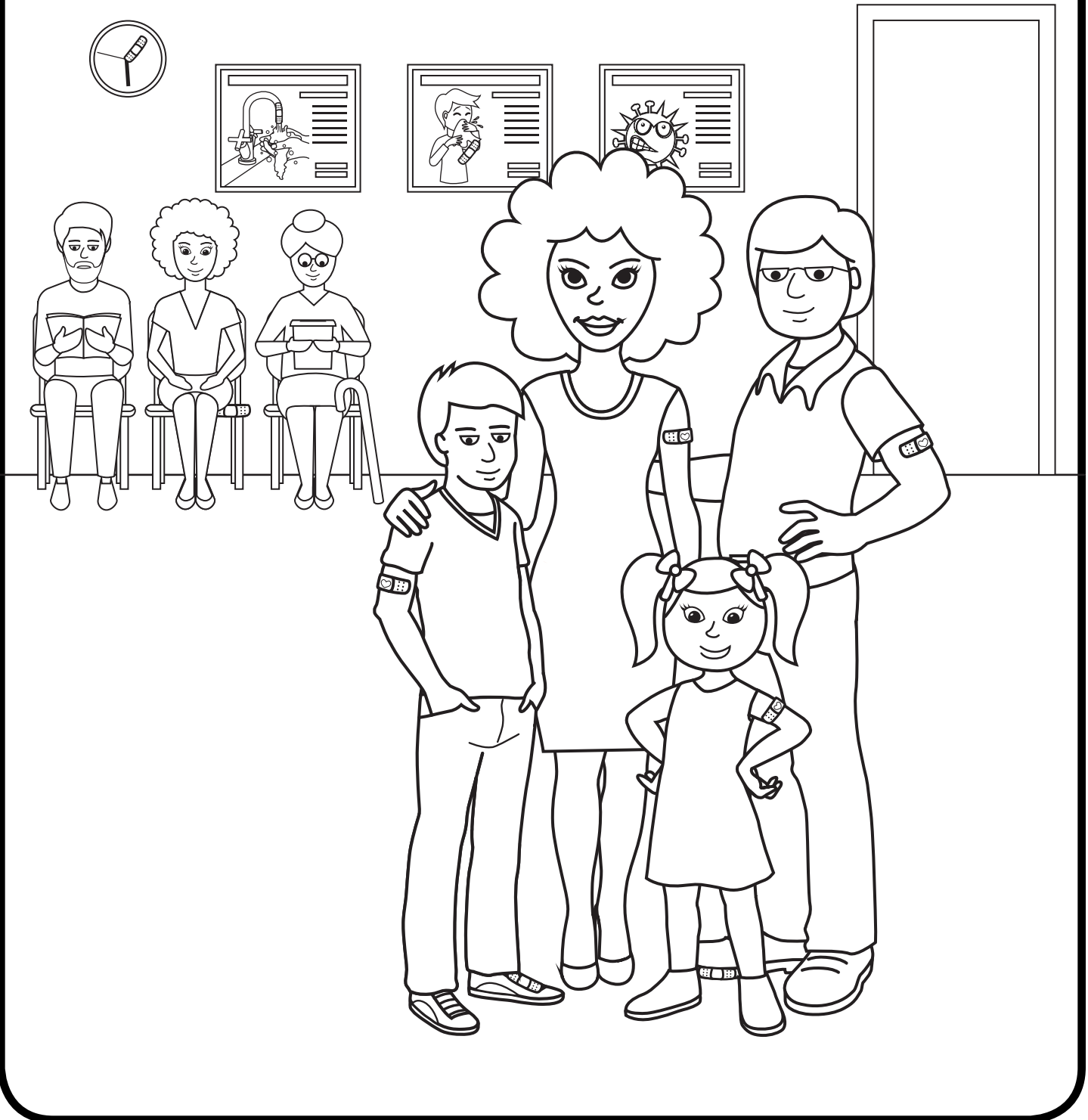




# PICTURE FIND

Next year, everyone in the family will make sure to get their flu shot to protect themselves from the flu.

**How many bandaids can you find in this picture?**



Cut Here

G R E A T J O B !

\_\_\_\_\_  
(Your Name)

is ready for flu season!

**Remember to:**

- Get a flu shot
- Cover your coughs and sneezes
- Stay away from people who are sick
- Tell your Mom or Dad if you don't feel good

**Here are some things I learned about the flu:**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



Written by **Cate Shockey and Jessica Franks**

Artwork and layout by **Jennifer Hulse Oosthuizen**



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention

For more fun activities visit  
[www.cdc.gov/phpr/readywrigley](http://www.cdc.gov/phpr/readywrigley)