

The Stay Healthy Coloring Book



FLUFACTS

What you need to know

Brought to you by the Massachusetts Department of Public Health
and your local Board of Health

Teachers and Parents:

Seasonal flu occurs every year. Because the flu virus is always changing, you need a flu vaccine every year. Occasionally a completely new flu virus develops and this new virus can cause a pandemic - a worldwide outbreak of the flu. This flu isn't necessarily any stronger, but a lot more people get it.

We hear a lot about avian or bird flu, a flu caused by a virus that infects birds. It is very rarely passed on to humans. In some areas of the world, however, a small number of people have gotten sick through very close contact with infected chickens.

Massachusetts is preparing for a worldwide flu outbreak. We can lessen the effects of a pandemic if we all prepare ahead of time. The best thing that you can do is to stay informed. Visit our web site to get the facts.

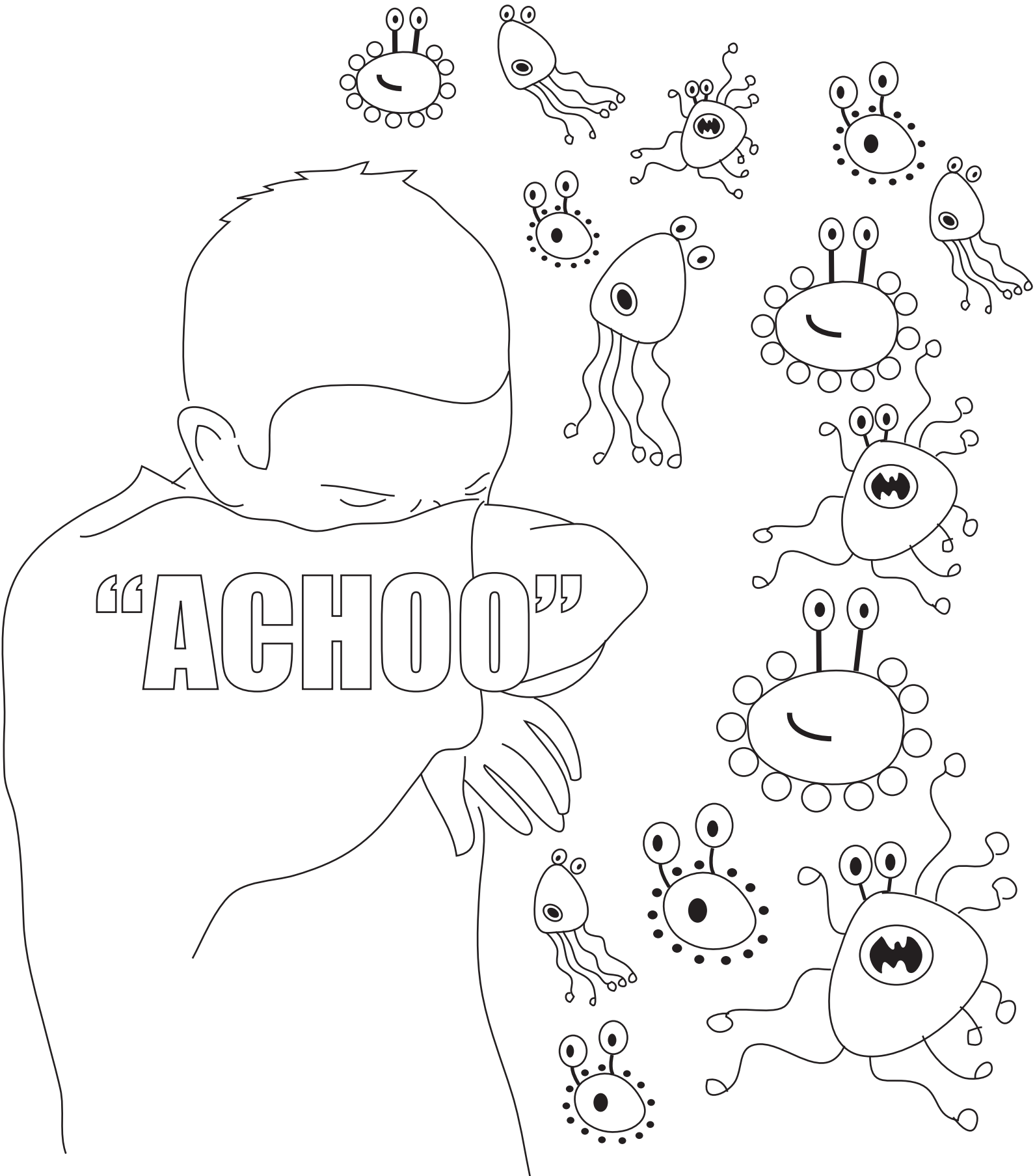
Children may hear about bird flu on TV or in school and may have questions and concerns. The Massachusetts Department of Public Health has developed this coloring book to help you teach school-age children about simple steps they can take to protect themselves and their family from getting flu and other illnesses. For more information about all kinds of flu, visit our web site at: www.mass.gov/dph/flu.

Wash your hands often
with soap and water or use a hand gel

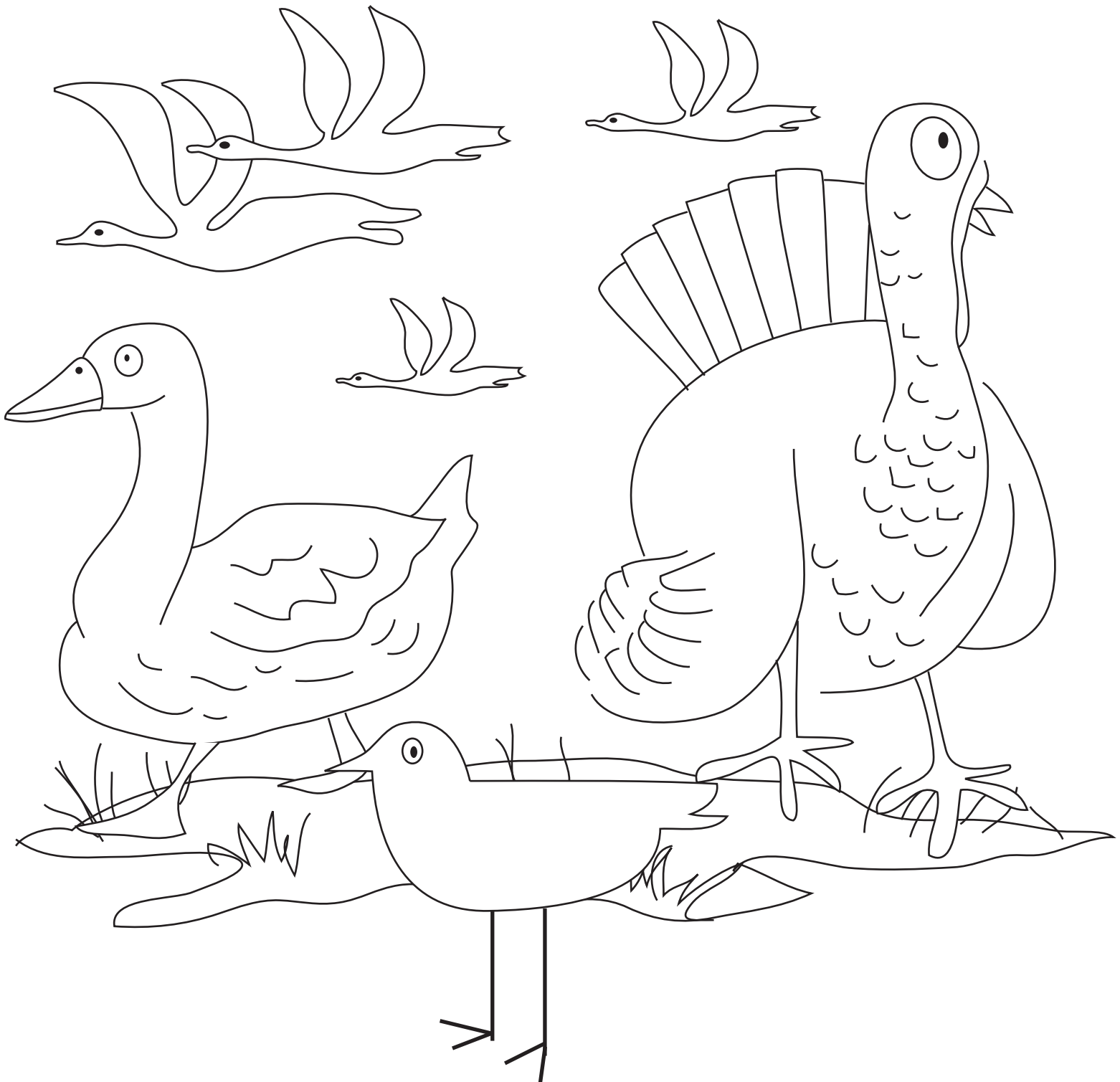


Germs spread easily

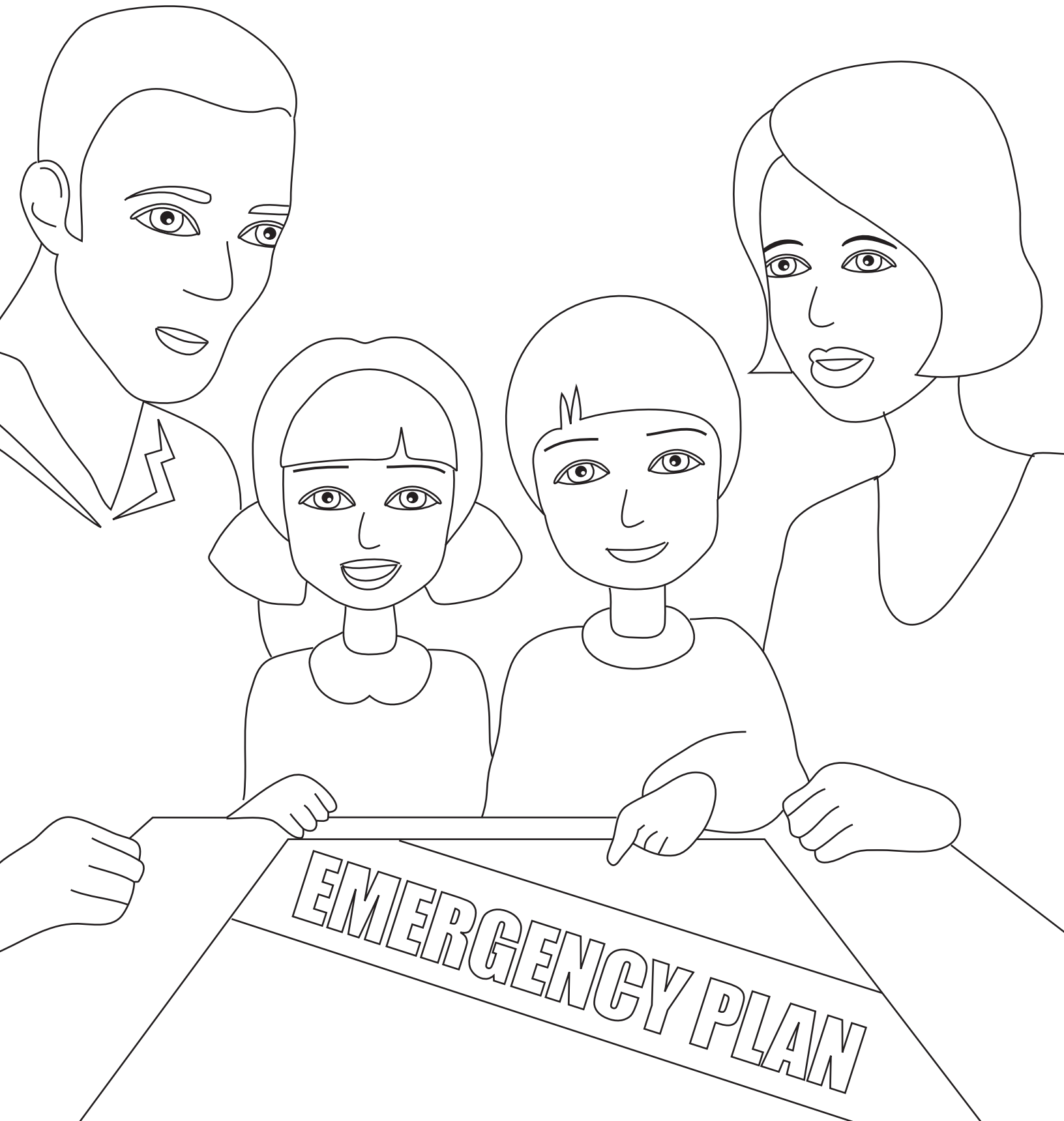
Cover your mouth when you cough or sneeze



Don't feed or touch
wild birds or animals
If you see a bird or animal that looks sick,
find a grown up

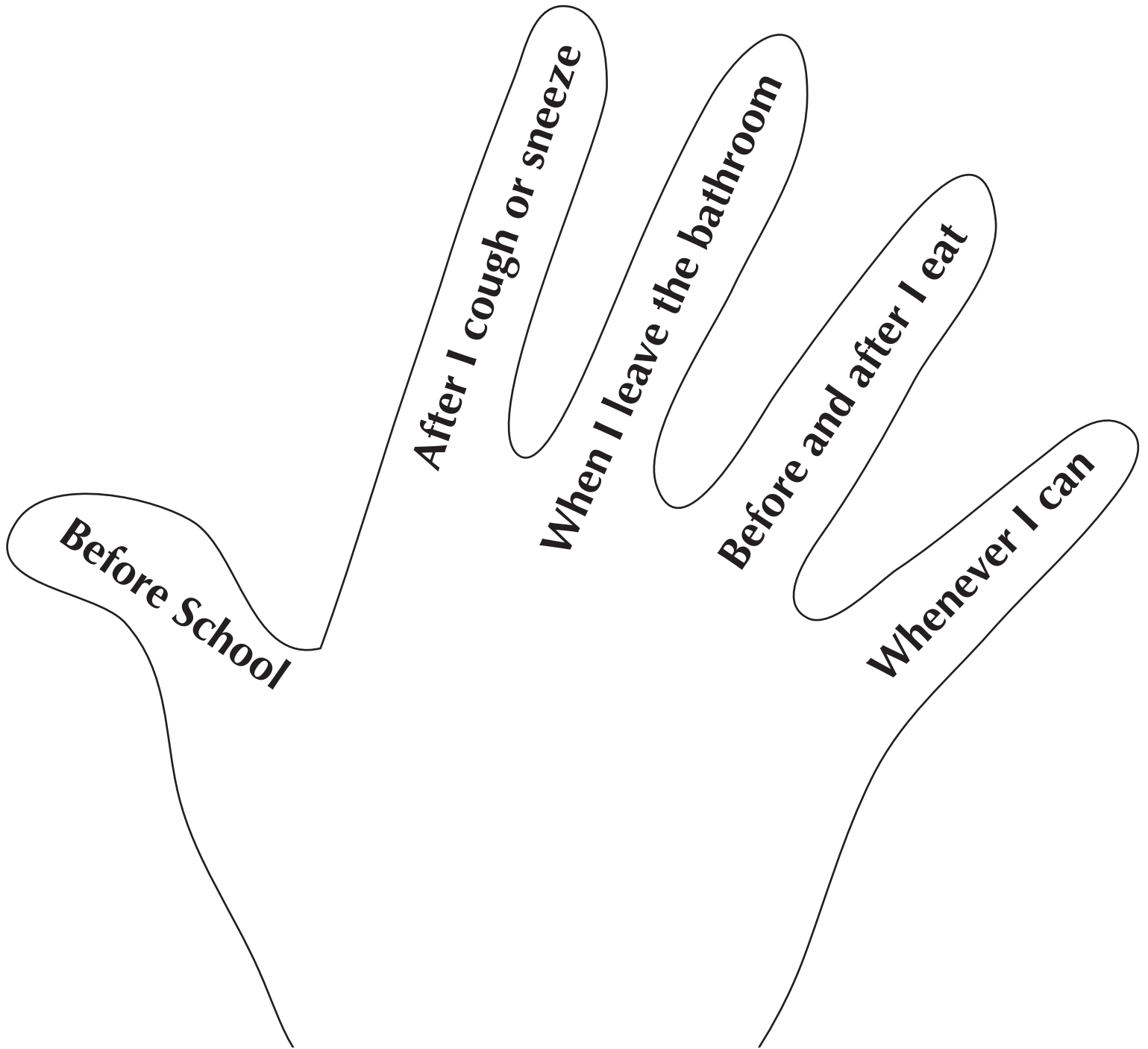


Talk to your family about what to do in an emergency



Join the Club

Pledge to Wash Your Hands



I, _____, promise to wash my hands
with soap and water at school, home and play.