

A coloring & Activities Book

with
STICKERS!

We Can Fight Cold and Flu Germs!



Cold and flu germs like to travel!

They wait inside a sick person's mouth and nose for a ride out.

Unlock the secret code. Use the stickers.
You will see some ways germs
often get around.

A o g or s e e e

can spray germs on hands and things close by.



Germs can also go from

h n s to h n s

and from things to hands.

If you touch germs and then touch your mouth, nose or eyes, germs can get into your body. Then you could get sick.



Oops! People can also s a e

germs if they are not careful!

Do not share things that have touched someone else's mouth or nose, like cups, towels and toothbrushes. There could be germs on them!

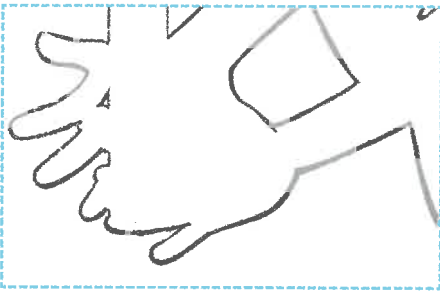


Send germs down the drain by washing your hands the right way.

To see how, add
the missing stickers.
Be sure to put them
in the right order!

1

Wet your hands with
clean, running water.
If possible, use
warm water.



2

Lather both
of your hands
with soap.



3

Scrub your hands all
over for 20 seconds.

Sing "Row, Row, Row Your Boat"
two times or say your ABCs to
help you wash long enough.



4

Rinse your hands well
with running water.



5

Dry your
hands with
a paper towel
or an air dryer.



6

If possible, use your
paper towel to turn off
the faucet.

Then throw the paper towel in the trash.



If you cannot get to soap and
water, use hand sanitizer.



If you get sick, stay home.

Why? Add the missing stickers to find out. Then add the extra stickers any way you want.

It helps



others from your



Get plenty of . It will help you get better.



plenty of liquids (like water), too.



Here is another way to stop germs. Try to stay at least 6 feet away from others if you are coughing or sneezing—or if they are. Ask a parent to help you measure 6 feet.

page 6



page 7



page 6

page 6



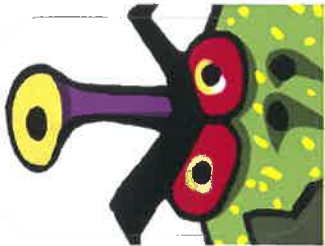
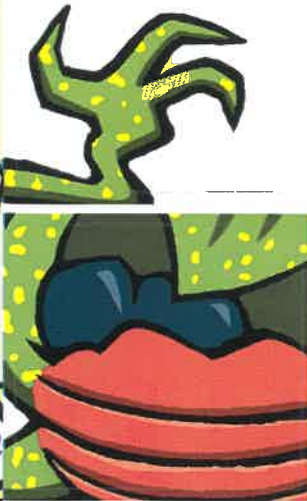
page 7



page 2

page 2

page 6



page 2

Drink
rest

protect

germs

page 7



page 7

page 3

a	c	d	g	h	h
i	n	r	t	u	z



page 8

You sneezed,
coughed or
wiped your nose.
Wash your hands!

You played with
a pet. Wash
your hands!

You used the
toilet. Wash
your hands!

Time to eat!
Wash your
hands!

page 4



page 5

page 8

