



Which things below help you and your classmates stay healthy during cold and flu season?

- GET SLEEP
- WASH YOUR HANDS
- COVERING YOUR COUGH
- AVOID OTHER'S SPOUT
- HEALTHY FOOD
- SHEDDING CLOTH AND CLOTHES

Put in Order



How many germs do you think are on a person's hands?

- A) Millions
- B) Trillions
- C) Billions

It's this cold and flu season!

There are both good AND bad viruses and bacteria. Can you get to the end of the maze without touching any bad germs!



- After using the bathroom
- Before using the bathroom
- Before eating
- After drinking water
- After playing outside
- Before playing outside
- After talking to old people
- Before hugging a friend
- After kissing your friend
- Before going to class
- Before shaking your hand



These tips can help you manage your stress. Underline words into this crossword puzzle. Step to relax. Have fun! Try to solve problems. Manage your anger. Know your friends! Do activities you enjoy. Do with others.

