

SHARE

FUN.

NOT

THE

FLU.

What is the Flu?

Rufus doesn't want you to get sick with the flu.

-  A sore throat
-  Cough
-  Fever
-  Runny nose or stuffy throat
-  Headaches
-  Chills
-  Fever



5 Steps to Stop the Flu

Step 1



Get a flu vaccine every 12 Months

Step 2



Wash your hands often

Step 3



Cough into your elbow or a tissue

Step 4



Throw tissues in the garbage

Step 5



Stay home when you are sick



RUFUS



My Pledge

Rufus says, take the pledge!

I pledge to cover my mouth and nose when I cough or sneeze. I pledge to wash my hands:

-  Before eating
-  After using the bathroom
-  After touching a pet or animal
-  After playing outside
-  After coughing or blowing nose
-  Before and after visiting someone who is sick

My Name _____

Rufus Says

Wash Your Hands, Stop the Flu.

Do you know the right way to wash your hands?

1. Turn on warm water and wet your hands.
2. Add soap and rub your hands together while you sing the alphabet song to yourself 2 times.
3. Rinse your hands.
4. Dry off your hands.
5. Use paper towel to turn off water.

