

Let's Get Healthy and Happy!

Good Health Manners Help Keep the Flu Away!

- 1 Wash your hands** with soap and water.
- 2 Use a tissue** to blow your nose, then throw the tissue out.
- 3 Cover your nose and mouth** with a tissue or your arm when you cough or sneeze.
- 4 Keep scrapes** and cuts clean.
- 5 Try not to rub** your eyes or your nose.
- 6 If you feel sick,** tell an adult right away.
- 7 If you are sick,** stay home to get well.



Sources for flu information above: Centers for Disease Control and Prevention, "Good Health Habits for Preventing the Flu," www.cdc.gov/flu/protect/habits/htm; "Cover Your Cough," www.cdc.gov/flu/protect/covercough.htm.

For more information about the flu and how to stay healthy, visit

fluFACTS.com

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HAPPY FEET

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www.happyfeetmovie.com