



Name: _____

Date: _____

Cold and Flu Fighters!

Instructions: Make a mini-poster that shows the top three things people can do to stop the spread of colds or the flu. Using words, a drawing, or pictures cut out of magazines, make sure your poster reminds people to:

- Wash your hands often, especially before eating and after coughing, sneezing, or blowing your nose.
- Keep your sneezes and coughs to yourself (use a tissue or your elbow instead of your hand).
- Keep your hands out of your eyes, mouth, and nose.

Hang your mini-poster in your home to remind everyone how to stay germ-free!

