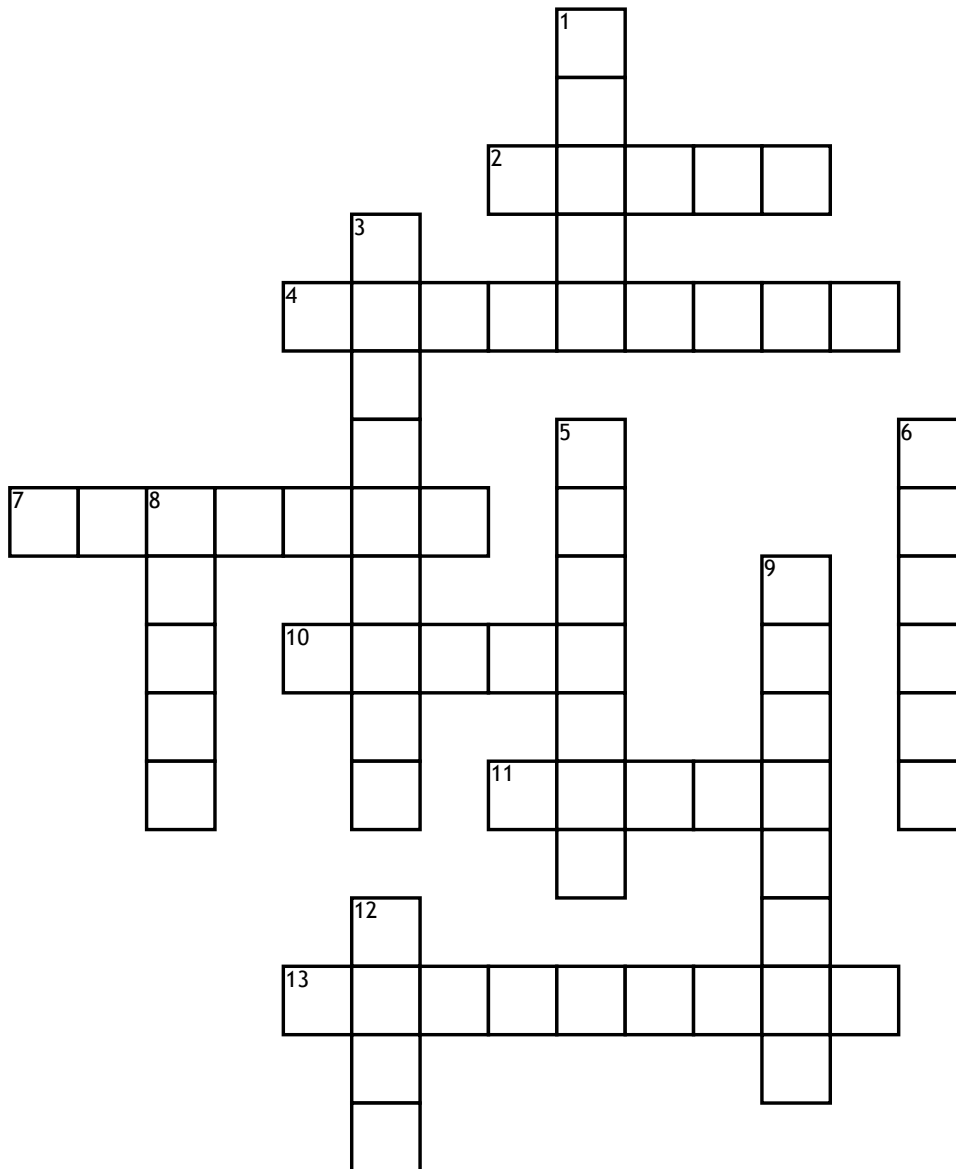


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Cold and flu prevention



## Across

2. \_\_\_\_\_ contact with people who are sick.

4. Colds and the flu are always \_\_\_\_\_ experiences

7. Prevent Colds and Flu with Frequent hand \_\_\_\_\_?

10. Use a lotion or moisturizing cream to prevent cracks in the skin that can provide an entry point for \_\_\_\_\_.

11. \_\_\_\_\_ your nose and mouth when coughing and sneezing. Cough and sneeze into a tissue or into your hands.

13. Wash your hands with soap and water or use an alcohol-based hand \_\_\_\_\_ when needed.

## Down

1. The symptoms— sneezing, scratchy throat, runny nose, nasal congestion, watery eyes. But what if you also have a \_\_\_\_\_ then you might have the flu.

3. \_\_\_\_\_ any shared surfaces (like phones, keyboards, doorknobs, steering wheels) frequently. Viruses can live on surfaces for several hours.

5. What can you get yearly to prevent the flu?

6. Every one 6 \_\_\_\_\_ and older should get the flu shot each year.

8. Get plenty of \_\_\_\_\_ and manage your stress levels. Lack of \_\_\_\_\_ and high levels of stress can reduce immune functioning, thus lowering the body's ability to fend off colds and flu.

9. Stay \_\_\_\_\_. Drink plenty of water and avoid alcohol and caffeine, which can be dehydrating

12. Use lots of \_\_\_\_\_, running water and liquid soap to lather your hands and wrists. Avoid bar soap, which can harbor viruses and bacteria.