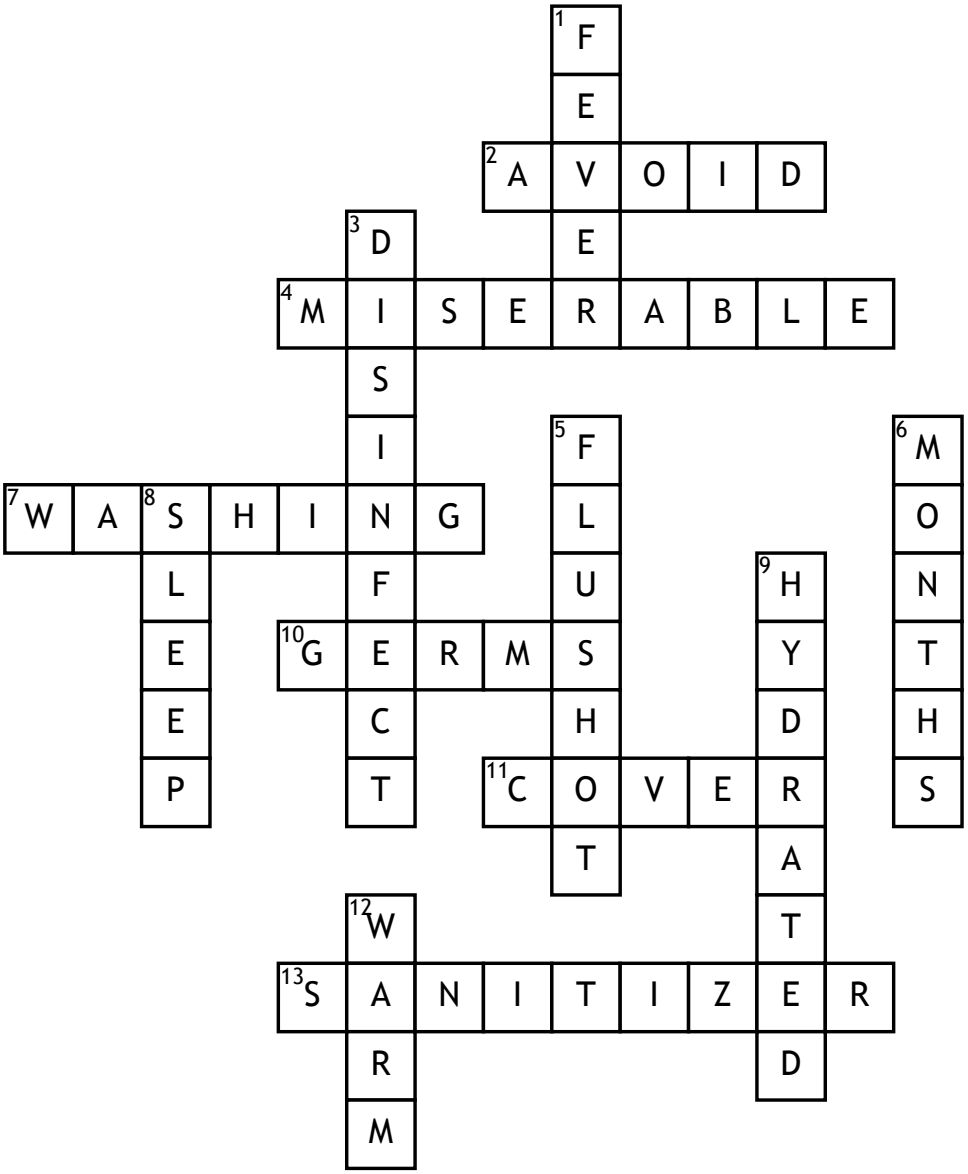
Name: _____ Date: _____

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.