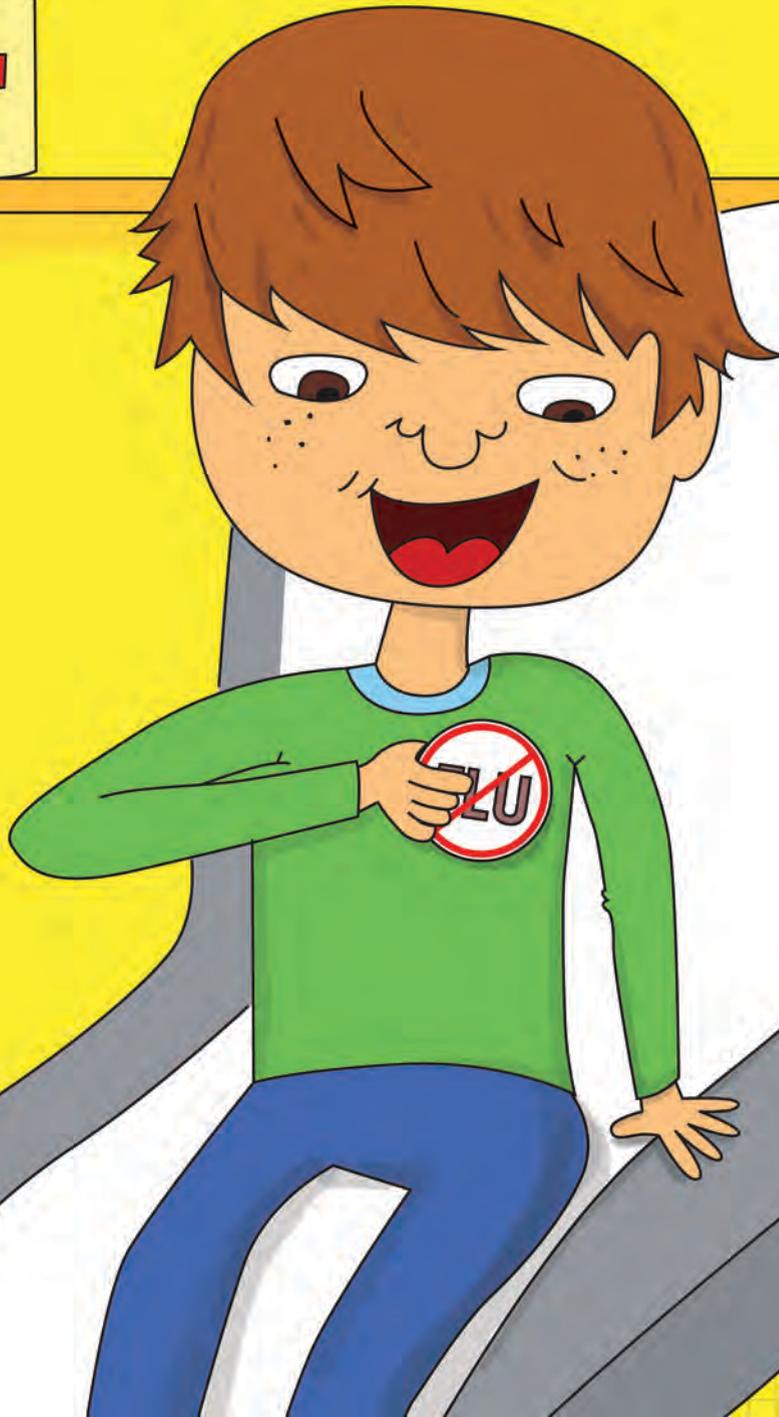
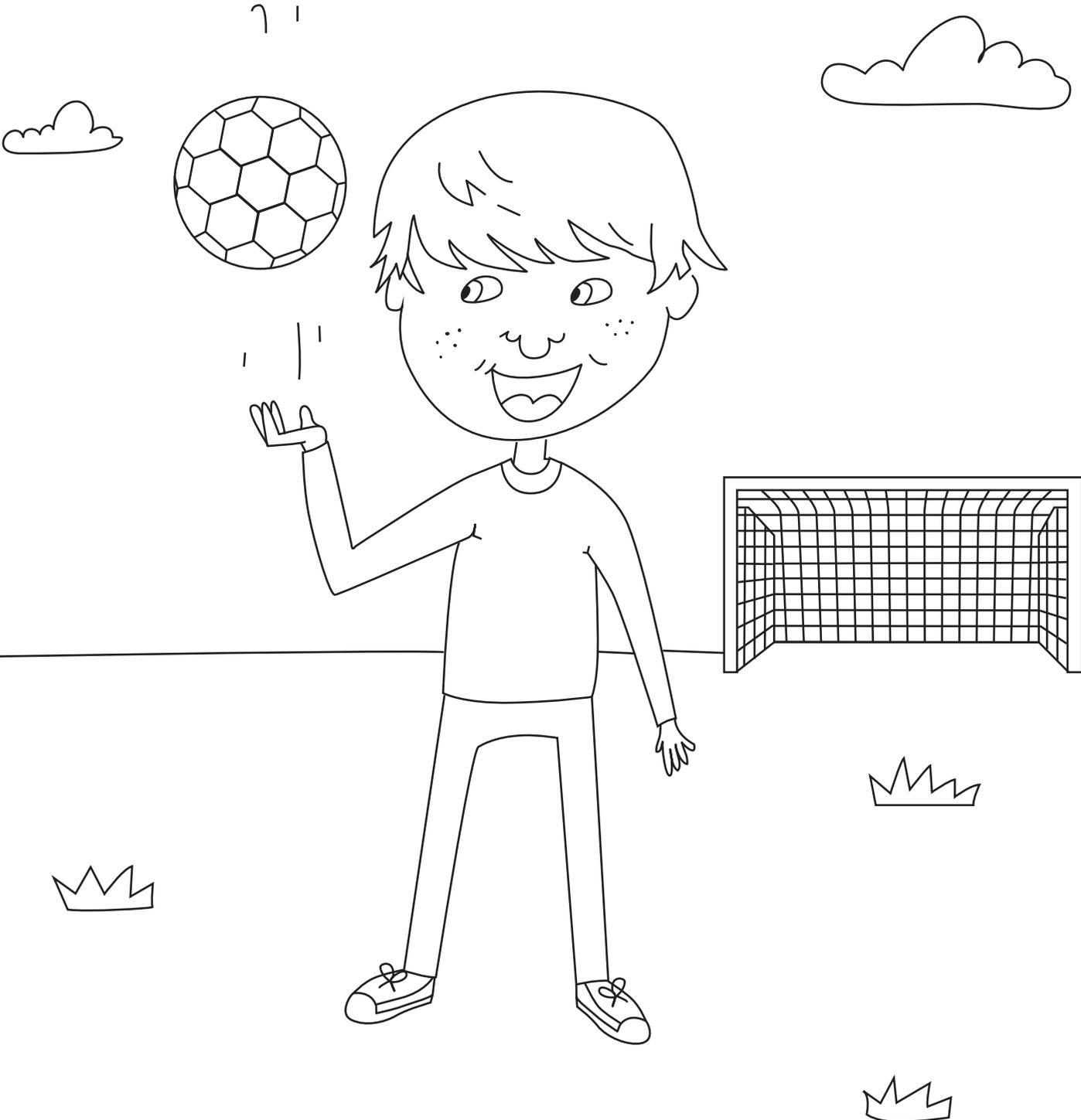


Are You a Flu Fighter?

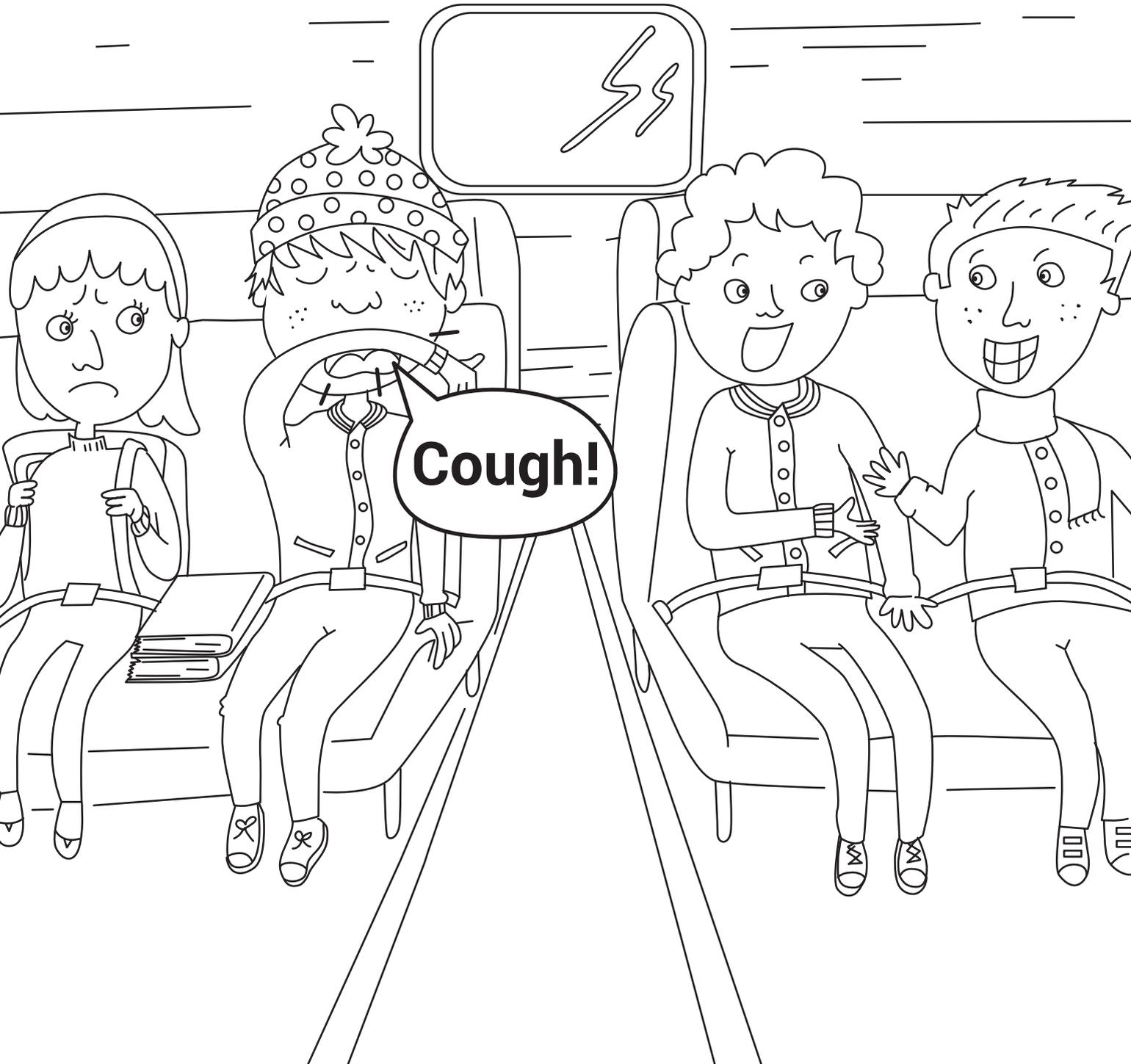


Meet Freddie.

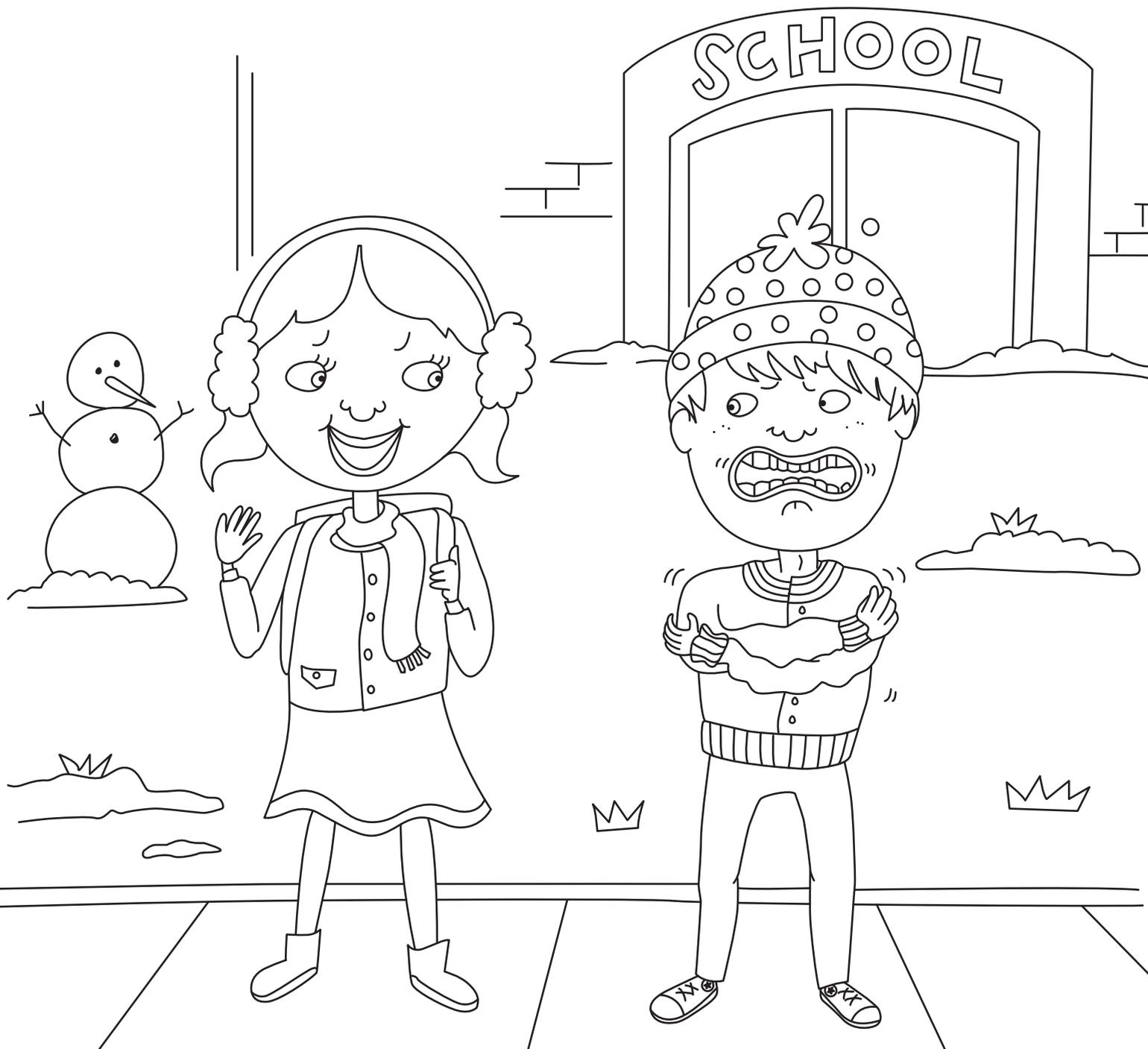
Freddie likes to play soccer.



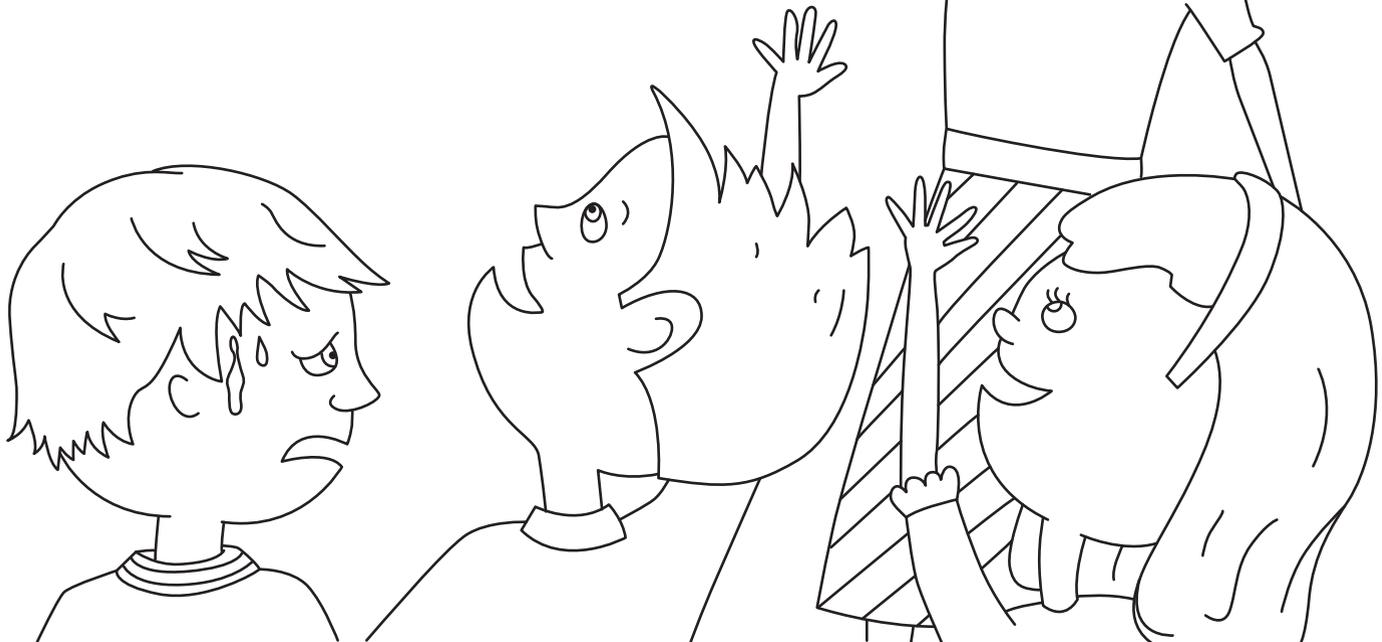
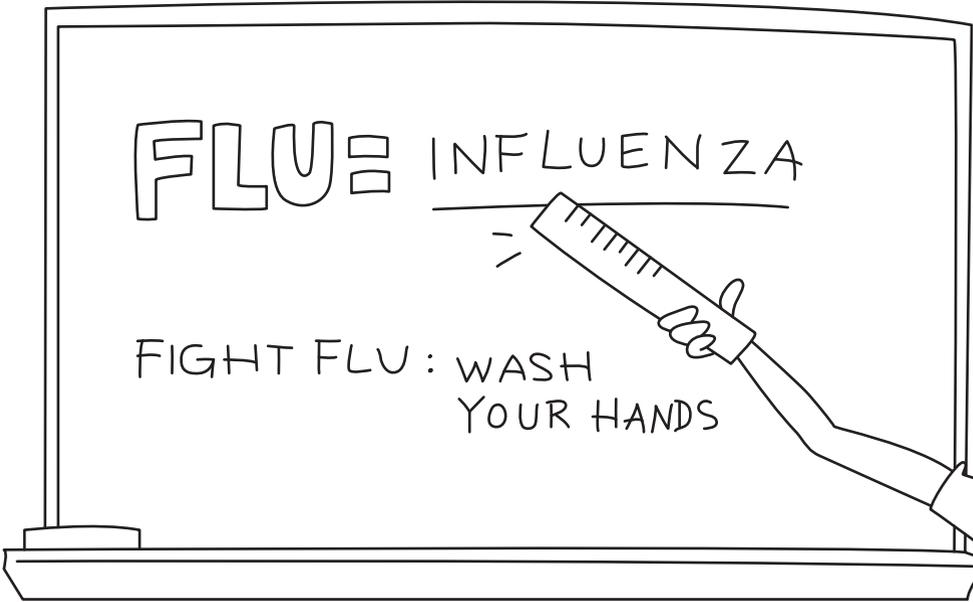
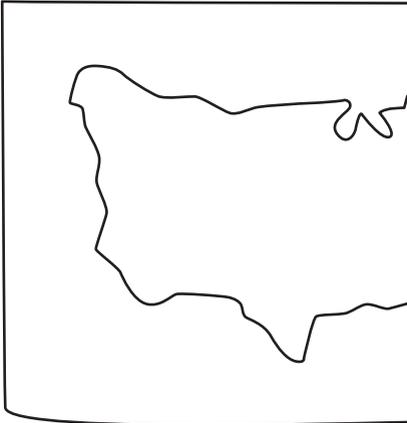
**One day on the school bus, Freddie
felt sick. He used his arm to
cover a BIG cough.**



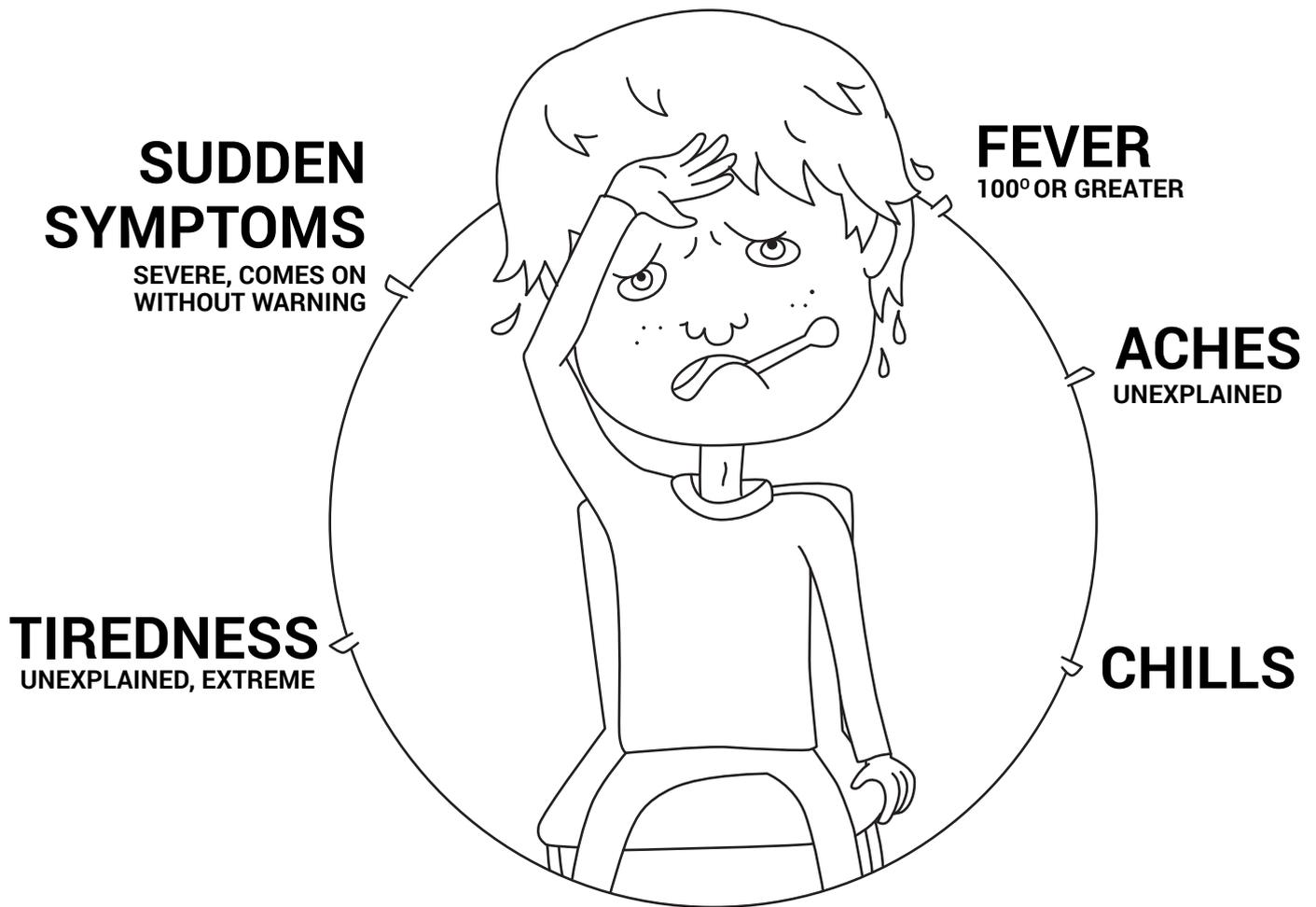
At school, Freddie felt worse. He was hot and then cold. He had chills. He was very, very tired and all he wanted to do was sleep.



**Freddie's teacher sent him
to the school nurse.**

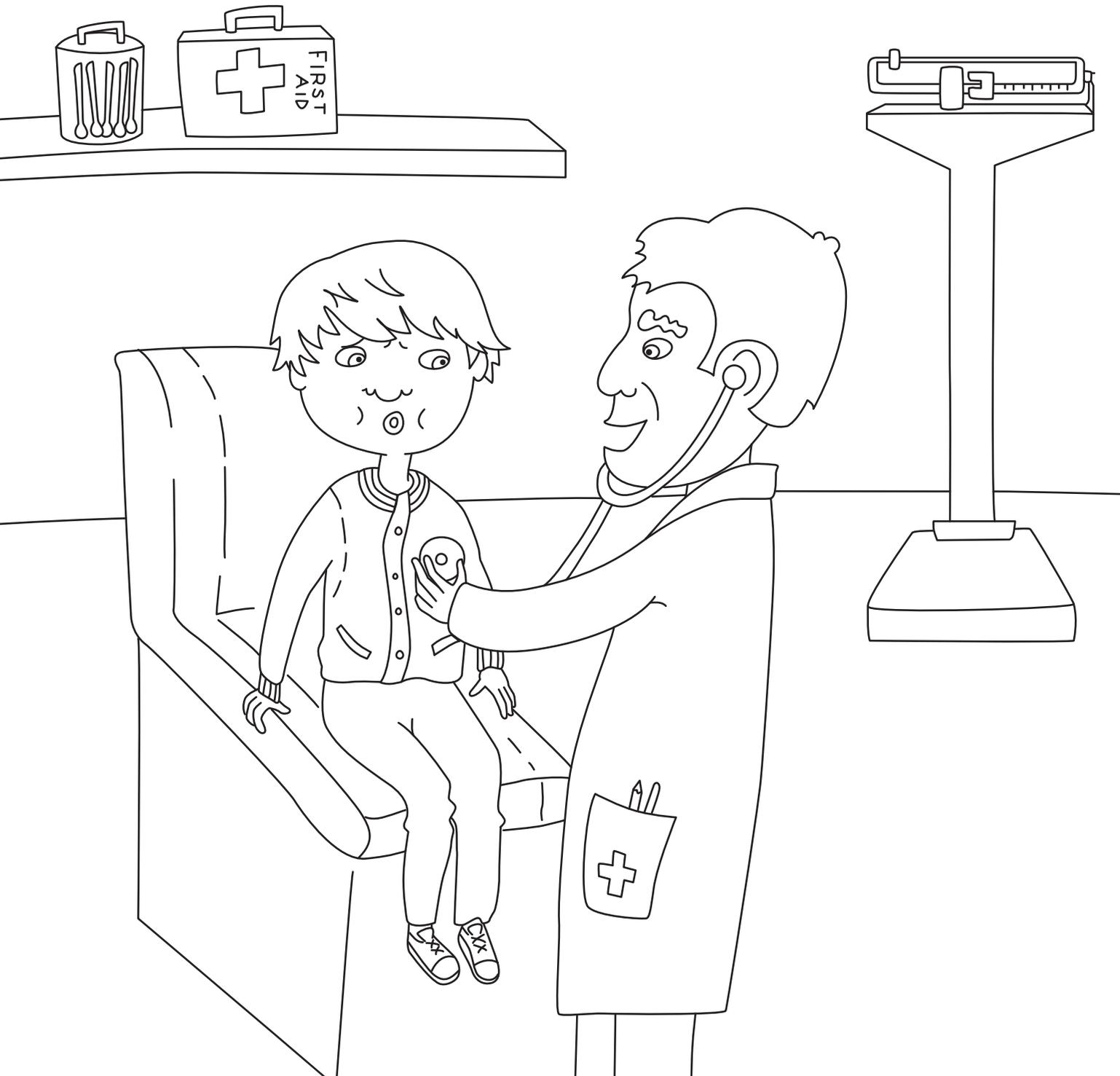


**Freddie told the nurse, "I feel so tired.
My body hurts all over."
She asked Freddie if he had a flu
vaccine this year. He had not.**



**The nurse called his mom and
suggested she take him to the doctor
to see if he had the flu.**

The doctor said, "Freddie you have the flu. I can give you a medicine to help fight it."



Once he got home, his mom gave him the medicine, chicken soup, and lots of water to drink.



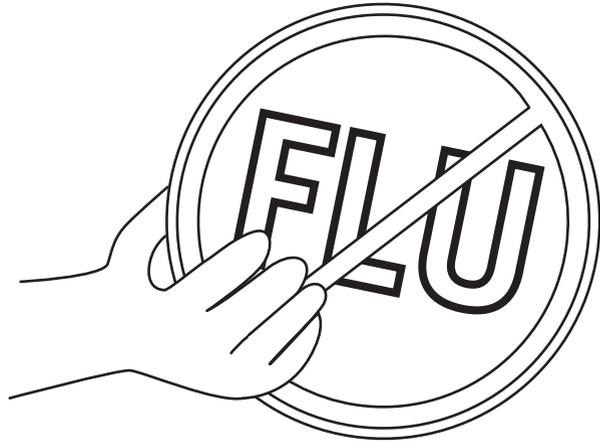
**When Freddie was better he went
back to school and told his friends
how to fight the flu. Freddie is a**

FLU FIGHTER!

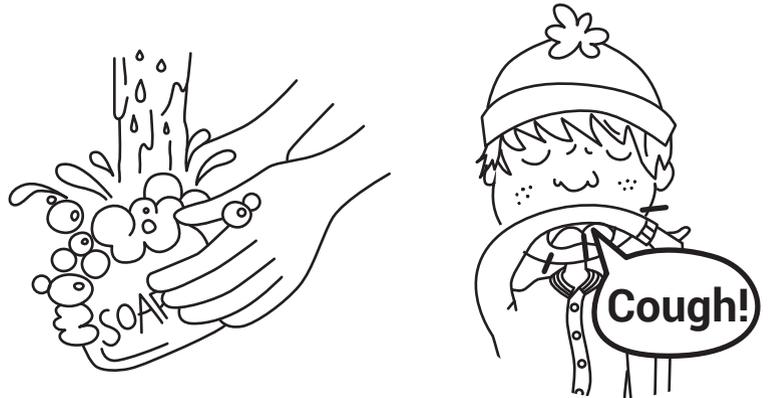


Here's what Freddie learned from having the flu.

- 1 Get a flu vaccine every year.



- 2 Wash your hands and cover your cough.



- 3 See a Doctor when you have flu symptoms.



How does the flu make you feel?

I feel:

Icky

Cold

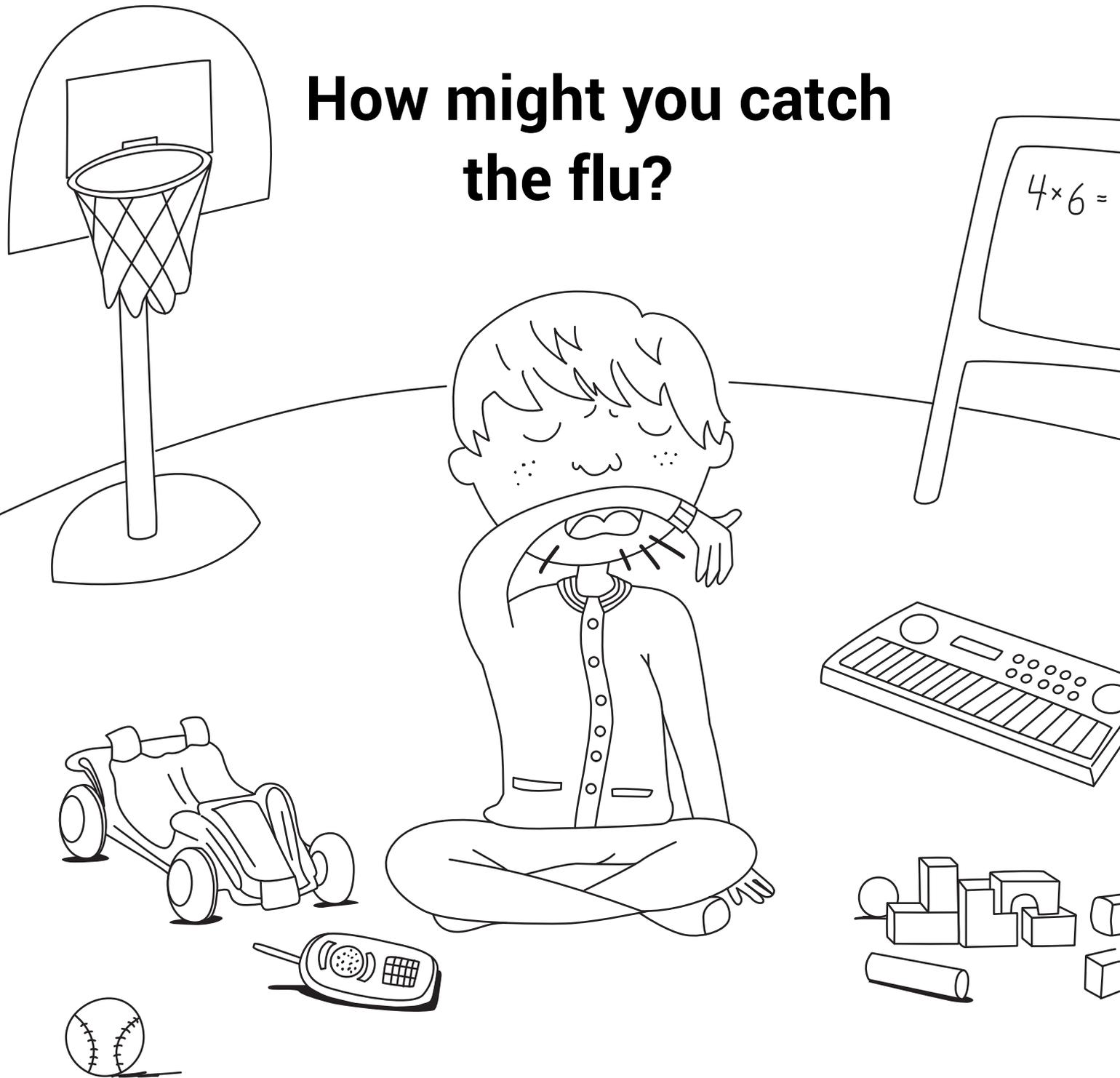
Hot

Tired

Draw a picture of how the flu makes you feel:

A large dashed rectangular box with rounded corners, intended for a child to draw a picture of how the flu makes them feel.

**How might you catch
the flu?**



**Flu spreads in the air when you
cough or sneeze. It also lives on
things like books or toys.**

Parent Discussion Guide

Distinguishing Flu vs. Cold

Influenza (or flu) is different from a cold.¹ Both a cold and the flu are respiratory illnesses, yet they are caused by different types of viruses with different symptoms.¹ The flu usually comes on suddenly.¹ To recognize flu symptoms, remember Flu **F.A.C.T.S.** (**F**ever, **A**ches, **C**hills, **T**iredness, and **S**udden onset).² Children can have additional flu symptoms that are rare in adults, including vomiting and diarrhea.¹

Flu Facts

- Children are two to three times more likely than adults to get sick with the flu.³
- Children can pass the flu virus to others for a period of more than seven days after symptoms start.⁴
- On average, one-third of family members in families with school-age children are infected with the flu each year.³

Typically, influenza affects five to 20 percent of the U.S. population each year.⁵ While the flu season is unpredictable, the U.S. Centers for Disease Control and Prevention (CDC) notes that the flu can peak anytime between November and March.⁵

Flu Transmission

Schools are a prime location for the flu virus to attack and spread.³ It can be challenging to prevent children from getting the flu during the school year because:

- Flu is a respiratory illness¹
- Flu viruses are spread mainly by respiratory droplets from coughing, sneezing and talking⁴
- Droplets can spread to others up to about six feet away and may land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs⁴
- Less often, a person may get the flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose⁴

Preventing the Flu

- 1) **Vaccination** is the cornerstone of flu prevention. The CDC recommends that everyone 6 months and older get a flu vaccine.⁶
- 2) **Good hygiene habits** help control spread of the flu virus. Teach your child these tips to help prevent the spread of flu virus:⁶
 - a. Cover your coughs and sneezes with the inside of your elbow or a tissue
 - b. Wash your hands with soap and water
 - c. Avoid touching your face – especially your eyes, mouth, and nose – as it can spread germs
- 3) **Antiviral flu medicines** prescribed by a doctor directly attack the flu virus and are an important adjunct to vaccination for flu prevention and control.^{6,7}

What to Do if Your Child Gets the Flu

Even with preventative measures, sometimes you or your child may still get the flu. If your child has flu symptoms, schedule an appointment with your pediatrician. Your pediatrician may prescribe an antiviral flu medicine that directly attacks the flu virus. Antivirals are an important adjunct to vaccination for flu prevention and control.⁷

If your child gets the flu, it's important that they spend time resting. Keep your child at home for at least 24 hours after his or her fever is gone.⁸

¹ CDC. Seasonal Influenza (Flu). Flu Symptoms & Severity. <http://www.cdc.gov/flu/about/disease/symptoms.htm> (August 27, 2013)

² Chart adapted from National Institute of Allergy and Infectious Diseases "Is It a Cold or the Flu?" www.niaid.nih.gov/topics/flu/documents/sick.pdf (August 27, 2013)

³ NIAID. Flu (Influenza). <http://www.niaid.nih.gov/topics/Flu/understandingFlu/Pages/definitionsOverview.aspx> (August 27, 2013)

⁴ CDC. Seasonal Influenza (Flu). How Flu Spreads. <http://www.cdc.gov/flu/about/disease/spread.htm> (August 27, 2013)

⁵ CDC. Seasonal Influenza (Flu) Q&A. <http://www.cdc.gov/flu/about/qa/disease.htm> (August 27, 2013)

⁶ CDC. CDC Says "Take 3" Actions To Fight The Flu. <http://www.cdc.gov/flu/protect/preventing.htm> (August 27, 2013)

⁷ CDC. "Influenza Antiviral Medications: A Summary for Clinicians" <http://www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm> (August 27, 2013)

⁸ CDC. The Flu: A Guide for Parents. http://www.cdc.gov/flu/pdf/freeresources/updated/fluguideparents_brochure.pdf (August 27, 2013)

Resources for Additional Information
www.nfid.org
www.PreventChildhoodInfluenza.org
www.FluFACTS.com

Important Disclaimer

The information in *Are You A Flu Fighter?* is for educational purposes only and should not be considered to be medical advice. It is not meant to replace consultation with your physician.

Are You A Flu Fighter? is supported by Genentech, a member of the Roche Group. To learn more or to download additional copies of the coloring book in English or Spanish, visit www.FluFACTS.com.