

# SHARE

# FUN.








# NOT

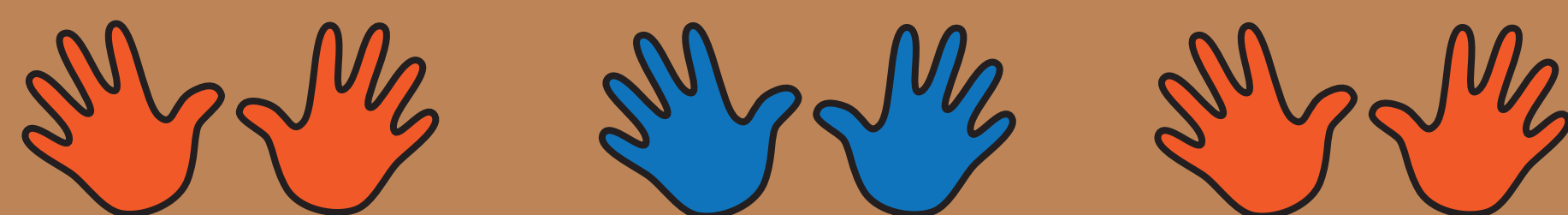
# THE

# FLU.

## What is the Flu?

Rufus doesn't want you to get sick with the flu.

-  A sore throat
-  Cough
-  Fever
-  Runny nose or stuffy throat
-  Headaches
-  Chills
-  Fever



## Rufus Says

### Wash Your Hands, Stop the Flu.

Do you know the right way to wash your hands?

1. Turn on warm water and wet your hands.
2. Add soap and rub your hands together while you sing the alphabet song to yourself 2 times.
3. Rinse your hands.
4. Dry off your hands.
5. Use paper towel to turn off water.



## 5 Steps to Stop the Flu

### Step 1



Get a flu vaccine every 12 Months

### Step 2



Wash your hands often

### Step 3



Cough into your elbow or a tissue

### Step 4

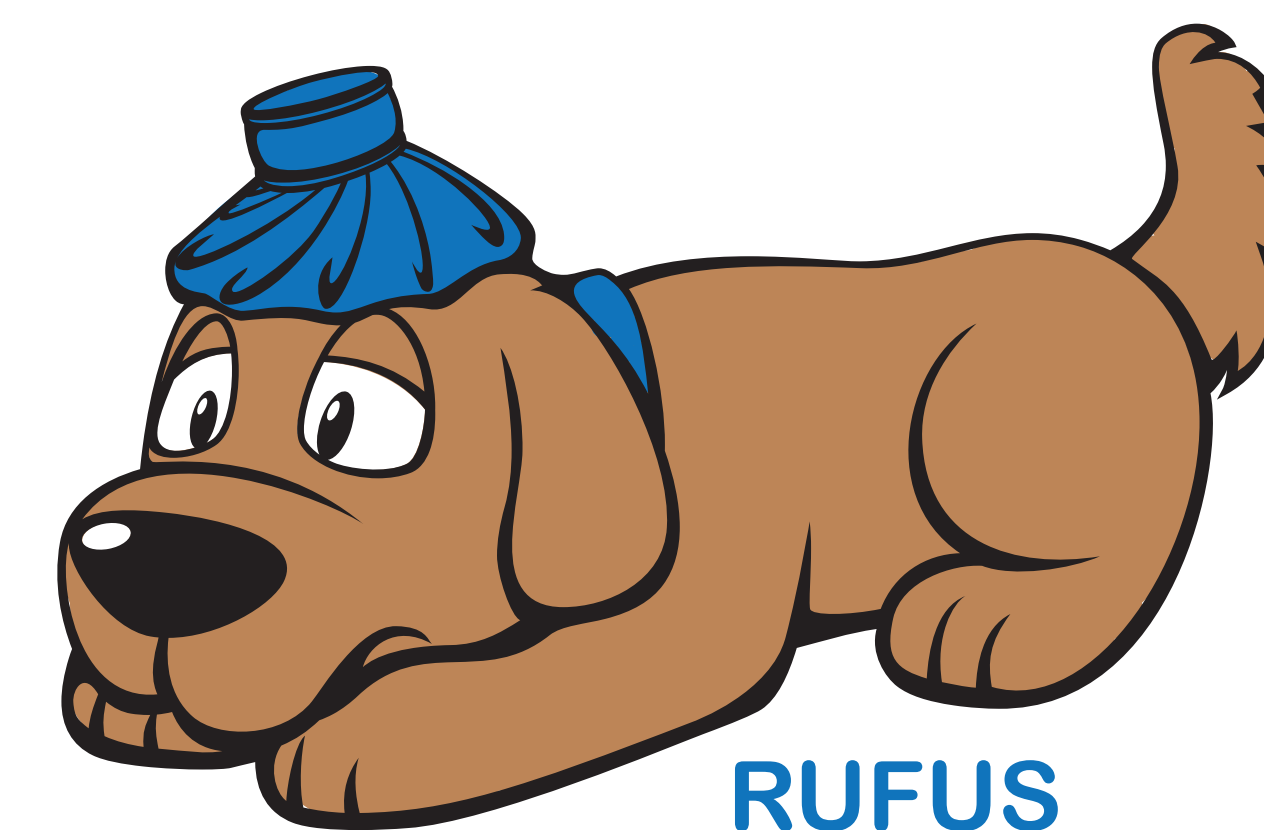


Throw tissues in the garbage

### Step 5



Stay home when you are sick









RUFUS



## My Pledge

**Rufus says, take the pledge!**

I pledge to cover my mouth and nose when I cough or sneeze. I pledge to wash my hands:

-  Before eating
-  After using the bathroom
-  After touching a pet or animal
-  After playing outside
-  After coughing or blowing nose
-  Before and after visiting someone who is sick

My Name \_\_\_\_\_