

Where's Louie?

The flu bug can hide anywhere! And, unlike Louie Achooee, you can't see the flu bug. Circle all of the places Louie is hiding in this picture (there are five) – and remember, just because you don't see the flu bug, doesn't mean he is not there!



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Don't Bug Me! Facts, Fun & Games



BE A FLU BUG STOPPER
AT SCHOOL
AND AT HOME.

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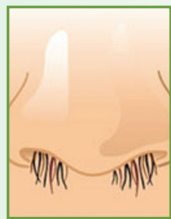
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Gross Facts

Snot, boogers, phlegm and loogies are all the same thing – Mucus. Believe it or not, mucus is a good thing! Its job is to clean the air we breathe so all the yucky stuff in the air doesn't end up in your lungs. Mucus doesn't work all by itself, it has an accomplice: Nose Hairs. No kidding!



Hairy Accomplice



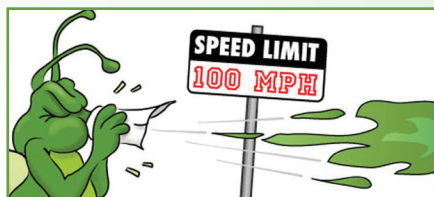
Nose hairs, or vibrissae, get coated with snot and perform a tag-team against pollen, dust, bacteria, viruses and other junk in the air. Snot is normally clear in color but can end up any color from yellow to brown to bright green. The color depends on what kind of junk your nose hairs and snot stopped from getting into your lungs.

Think for a minute. How much snot have you blown out of your nose today? I'll bet it's not anywhere near a cupful. Where does the rest go? Down the back of your throat! Farther inside your nose there are really, really small hairs called cilia. Cilia's purpose is to clean the aftermath of the battle between snot and gunk. These hairs form a mini conveyor belt for used-up snot and move it to the back of your throat. From there you either spit it out as a huge loogie, swallow it or sneeze it out.

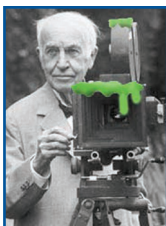


Speedy Sneeze

When you sneeze, your body ejects snot, spit, and pretty much anything else in your mouth and nose outwards at up to 100 miles per hour. That is a fast sneeze! All that speed and power means that your sneeze can cover a very large area in no time. That's a perfect way to spread the flu! So remember to cover your mouth when you sneeze!



Lights, Camera... Sneeze?



Did you know that the sneeze helped invent movies? Thomas Edison, inventor of the lightbulb, came up with the idea in 1888 after watching someone sneeze. He thought if you viewed still photos quickly in a sequence, it would appear as if the subject was moving.



Louie's MAD LIB GAME



Silly Word 1: _____

Name: _____

Adjective: _____

Animal: _____

Verb ending in -ing: _____

Number: _____

Color: _____

Silly Word 2: _____

Noun: _____

Name of a friend: _____

Adjective: _____

Adjective: _____

Favorite Subject: _____

School Name: _____

Silly Word 3: _____

Dear School Nurse _____,
(Silly Word 1)

_____ won't be at school today
(Name)
because he/she has come down with the _____
(Adjective)
_____ flu. One minute he/she was
(Animal)
_____ and the next minute had a _____°
(Verb ending in -ing) (Number)
fever and is turning _____!
(Color)

_____ was too scared to get a flu
(Same Name)
shot from Dr. _____ last month.

(Silly Word 2)
She/he also didn't remember to wash his/her hands after
touching a _____ at school and remembers
(Noun)

_____ sneezing _____
(Name of a Friend) (Adjective)
_____ snot on him/her
(Adjective)

during _____! Please tell
(Favorite Subject)
everyone at _____ to watch out for the flu
(School Name)
bug – he could be anywhere!

Sincerely,

Mrs. _____

(Silly Word 3)