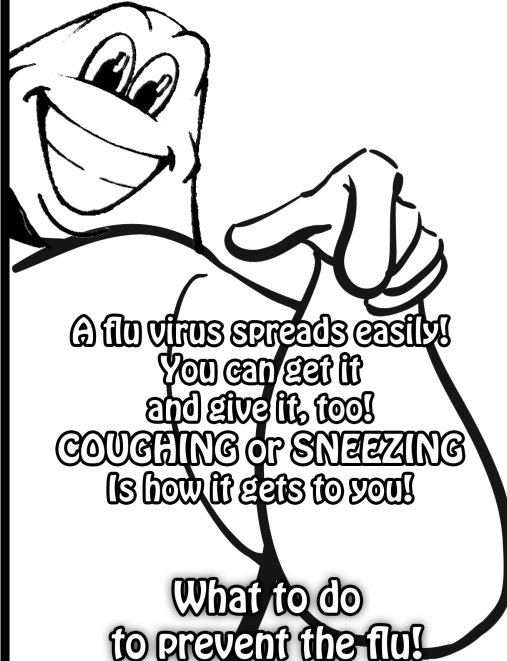


MAKE YOUR OWN Flu Prevention BOOKMARK! Just copy the page, color it in, cut it out, and glue it together!

**MOLARTRON™ SAYS
PREVENT THE FLU!
(prevent colds, too!)**



A flu virus spreads easily!
You can get it
and give it, too!
COUGHING or SNEEZING
is how it gets to you!

**What to do
to prevent the flu!**

1 **WASH** your **HANDS**
with a lot of soap and water,
OR use an
alcohol-based hand sanitizer.

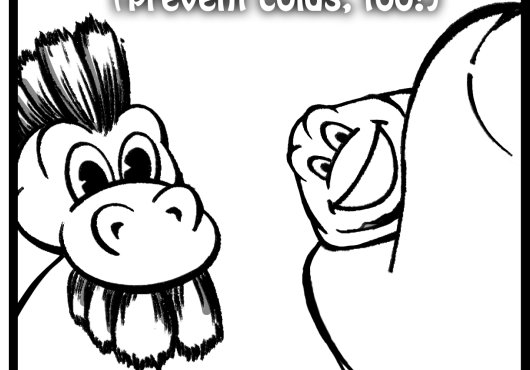
2 Rinse well and
DRY your **HANDS**
on a clean towel,
OR air dry your hands!
Don't use your clothes!

3 Use tissues for a cough or
sneeze! Then throw the tissue
in the trash! **OR** cough and
sneeze into your
shoulder or elbow.
Don't use your hands!

4
Stay away from sick people!

For more information, visit www.cdc.gov, your
online source for credible health information from The
Centers for Disease Control and Prevention (CDC).

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If you **TOUCH** something with flu
germs on it, do not touch your eye!
Don't touch your mouth!
Or your nose!
Until **HANDS** are
WASHED and **DRY!**

**What to do
if you get the flu!**

1 If you're sneezing, coughing,
or if you don't feel well,
TELL AN ADULT!
You may have to
STAY HOME
until you feel better.

2 **DRINK** lots of **WATER**
and fluids.

3 Get lots of
SLEEP and rest.
Did you know that our bodies fix
us when we're sleeping?

4
Always
THROW OUT
your old **TOOTABRUSH**
after a bad cold or flu,
and get a fresh, new one.

Check out www.molartron.com for upcoming
books, cartoons, products, printable activity pages, and
more. Stay healthy! Eat right, drink fluids, sleep well,
brush twice a day, and keep flossing!

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