

Name: _____

Can you tell the difference between a cold and influenza? Take a look below to find what you need to know!

Directions: crack the code to discover the messages below!

Figure out which letter goes with which number.

Then, write the correct letters on the lines.

Here's a hint: All the letters in "INFLUENZA" are included.

To get you started, we'll give you one answer:

1 = _____ 2 = _____ 3 = _____ 4 = _____
5 = Z 6 = _____ 7 = _____ 8 = _____

Cold or Influenza?

1. Splinting headache and high fever

- unlikely with a cold
- common with influenza

2. Stuffy nose

- common with a cold
- occasional with influenza

3. Dry, raspy cough

- very common with a cold
- sometimes much worse with influenza

4. Sore throat

- common with a cold
- occasional with influenza

5. Aches and pains all over

- mild with a cold
- extreme and long-lasting with influenza

6. Terribly exhausted

- extremely rare with a cold
- very common with influenza

7. Health problems like pneumonia possible

- not generally with a cold
- very possible with influenza



Did you know?

- Kids with influenza are more likely than adults to experience stomach problems, like diarrhea and nausea.
- Kids with influenza may experience sinus problems and ear infections.
- The U.S. Centers for Disease Control and Prevention recommends that children from six months to 18 years old get vaccinated annually against seasonal influenza.
- It's important to talk to your parents about getting an annual influenza vaccination, as it is the best way to prevent influenza.
- People can spread influenza *before* they feel symptoms and *after* they feel better.
- Though colds and influenza share many symptoms, influenza symptoms are usually more intense.
- Influenza is common and spreads easily. Healthy habits can help us stay away from influenza!

These tips can help you figure out the difference between colds and influenza so you can spread the word. Only a doctor can tell for sure if you have influenza. The best thing to do is to try to stay healthy! But if you feel sick, tell a trusted adult.

What's Up With Influenza?

SPREAD the **WORD**
NOT the **FLU!**

Name: _____

Now that you know a few facts about influenza, look at the word box below, and then read the following passage carefully. Write in the words that complete the sentences. Each word will be used only once.

vaccination	bacteria	influenza	sneezes	viruses	system	mutates	preventing
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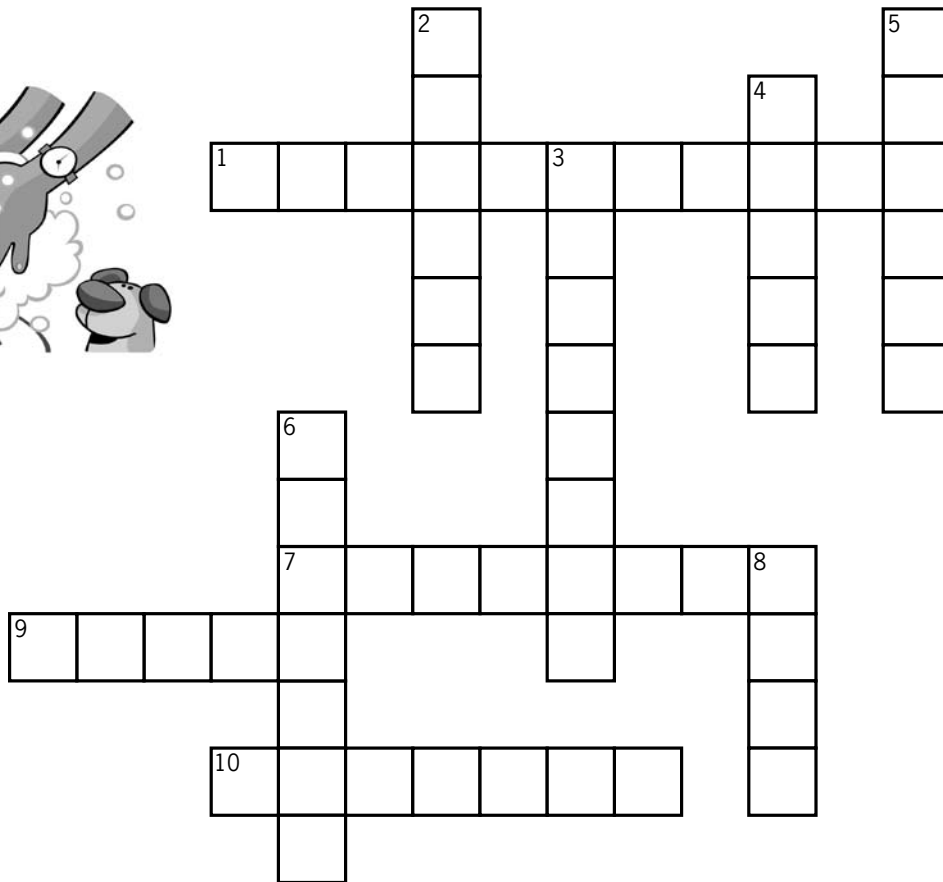
The influenza virus, a type of germ, usually spreads through coughs and _____ when drops of fluid spray out of the mouth and nose — yuck! Other types of germs are _____, fungi, and protozoa. Blood tests and throat swabs help doctors make a diagnosis of _____. Increased antibodies in the blood tell doctors that the immune _____ is fighting off germs, such as bacteria, _____, fungi, or protozoa.

There are three types of influenza virus: A, B, and C. Type A is most common. Occasionally, the influenza virus _____, causing changes that can allow the virus to trick the disease-fighting antibodies and get inside the body's cells. Because the virus can mutate from year to year, it's important for most people to get an influenza _____ every year. Fortunately, influenza vaccinations are very helpful in _____ influenza.

Fast Influenza Facts:

- Influenza symptoms usually start suddenly.
- Influenza can cause complications in people with certain illnesses. For example, people with diabetes or asthma may develop bronchitis or pneumonia if they get influenza.
- Getting vaccinated against influenza helps protect you and those around you from influenza and related complications. The U.S. Centers for Disease Control and Prevention recommends that children from six months to 18 years old get vaccinated annually against seasonal influenza.
- It is important for everyone to check with a parent and doctor about receiving an influenza vaccination.
- We can help each other prepare for influenza season by practicing healthy habits, thus helping to prevent the influenza virus from spreading!

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ACROSS

1. What's one thing most people should consider getting to try to help prevent influenza?
7. Influenza usually starts _____, and it's important to tell a trusted adult about symptoms right away.
9. Influenza viruses are spread when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the _____ or nose of people nearby.
10. What is the main difference between a cold and influenza? Influenza symptoms are usually more _____.

DOWN

2. A _____ is the only person who can tell for sure if a person has influenza.
3. Although October and _____ are the recommended months for vaccination, vaccinations given in January or even later can still be effective.
4. This is a type of germ or pathogen (agent that causes illness) that is not a fungus or a bacterium.
5. Contrary to popular myths, people _____ get influenza from the influenza vaccine.
6. Simple steps, such as _____ hands often, can help increase the odds of avoiding influenza.
8. Influenza vaccines need to be given annually, meaning people who get them should get one every _____.