Did you know that a sneeze can travel over 100 miles per hour? No wonder the flu can spread so fast!

There are only a few kinds of flu, but over 200 kinds of colds! And they all make you feel pretty yucky.

Almost 35 million people get the flu every year! Imagine if they all sneezed at once — yikes!

To help keep the flu from spreading, cover your mouth and nose when you cough. You may also need to see a doctor for special medicines.

The most common time of year to get the flu is during the cold winter months. So why do they call it Spring Fever?

If you have the flu, rest in bed, hug your pillow, and drink plenty of water. You may also need to follow the Scrub Club handwashing steps.

A flu can make your chest hurt and your throat hurt. So you might run your nose or cough or feel like you have the sniffles all at once, no matter what you do. You need to lay down and rest. Remember, “Viruses” are particles called germs that can spread thousands of little sneeze you make your flu can travel over 100 miles per hour. No wonder the flu can spread so fast!

Scrub Club™ Handango!

Have fun with your friends and learn how to stop Influenza Enzo and his Flu Crew.

Take each corner and fold it back to the middle of the square.

Push all four corners toward the middle and slip fingers under the flaps.

Turn over, then continue folding. Each corner should be folded back to the middle of the square.