

# Cold & Flu

## Fight Germs with Pengy Penguin

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



**kids**  
**Quality Health Care**

San Bernardino County  
Department of Public Health  
1(800) 722-3777

# Cold & Flu

Fight Germs with Pengy Penguin



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*This book belongs to*

*Achoo!*

Don't forget to cover your mouth when you sneeze.



Mommy, I don't  
feel good.

I'm sorry to hear that, Pengy.  
Tell me how you feel.

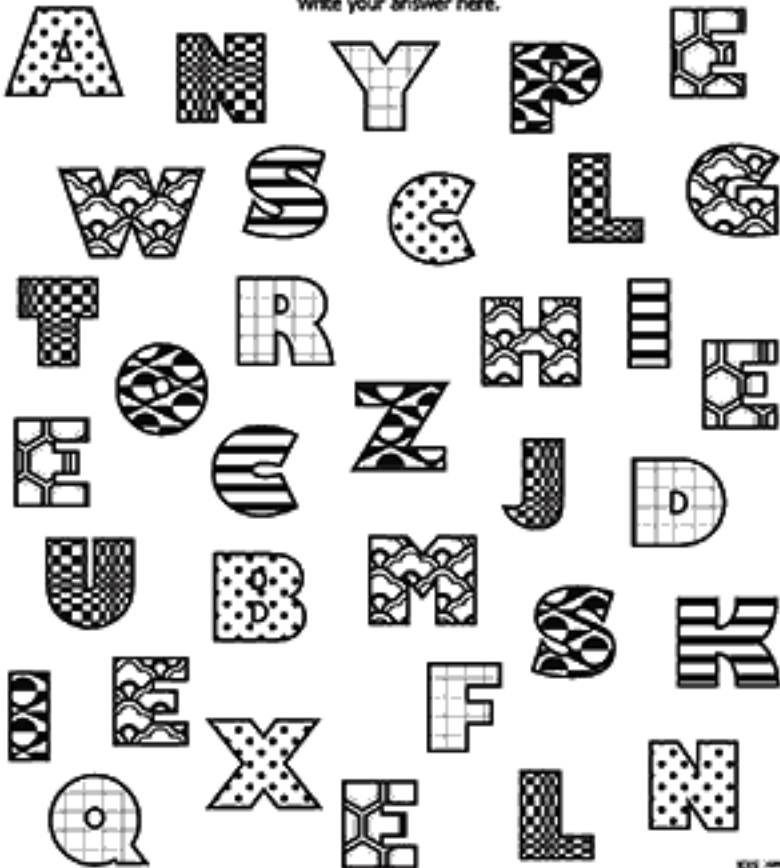


# HIDDEN WORD

How do you think Pengy feels?

Color all the horizontal striped letters to uncover the answer.

Write your answer here.



I sneeze all the time. My nose is runny. I feel tired.

And your head seems warm. It looks like you might have a cold.



Oh no!

It's alright, dear. You'll feel better in no time.



A cold is caused by a virus. Viruses are tiny, living things that can only be seen under a microscope. Rhinovirus is one common virus that causes the cold. Signs of a rhinovirus infection are runny nose, stuffy nose, and sneezing.



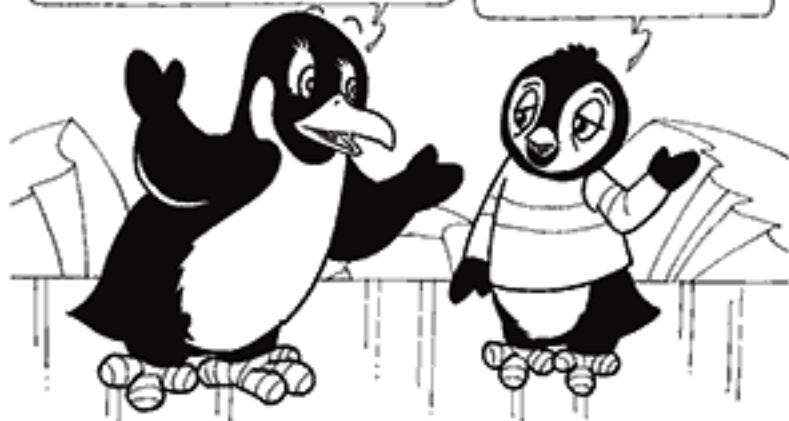
**SMART FACT:**

**There are over 200 different viruses that cause the cold.**



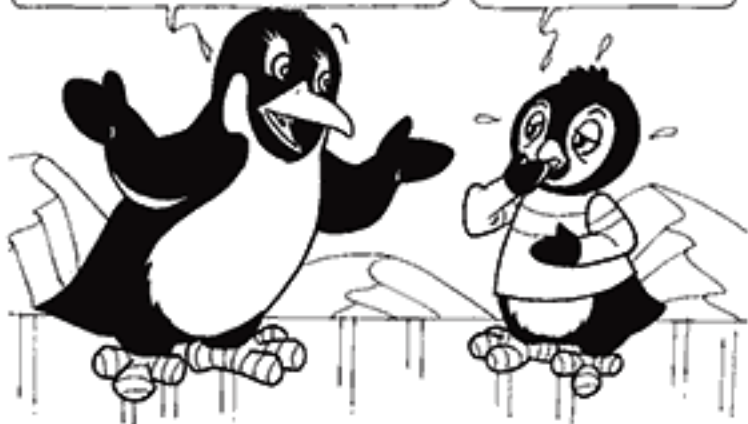
Pengy, I'm taking you to  
the doctor today.

Why, Mommy?



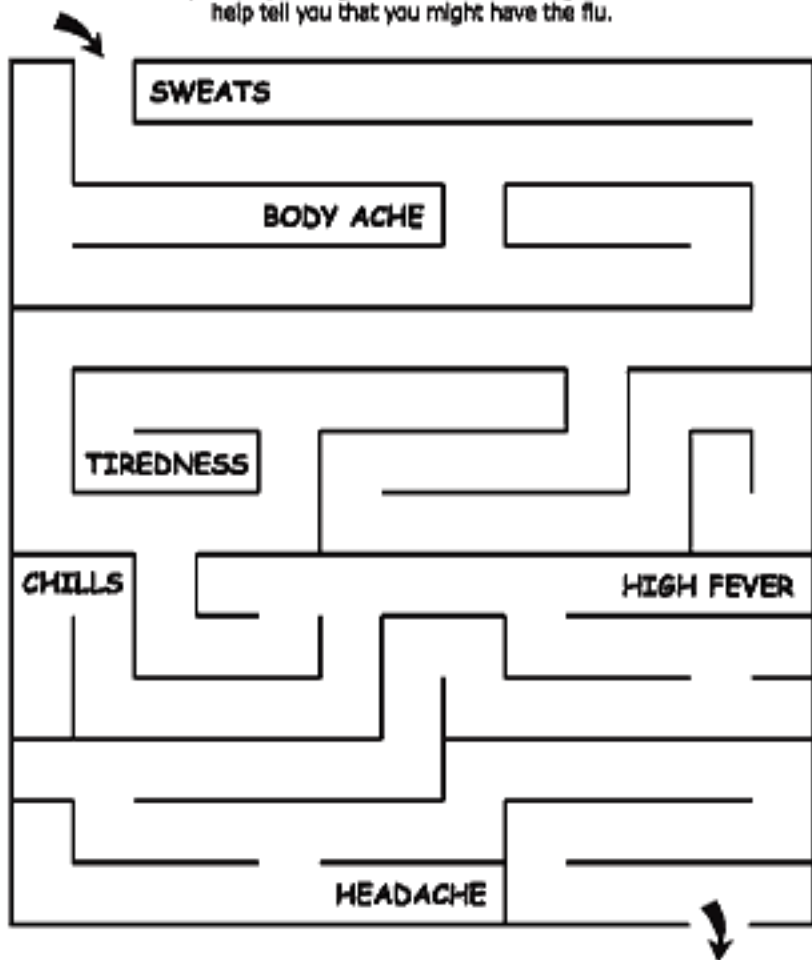
Well, the doctor will check to  
make sure you don't have the flu.

What's the flu?



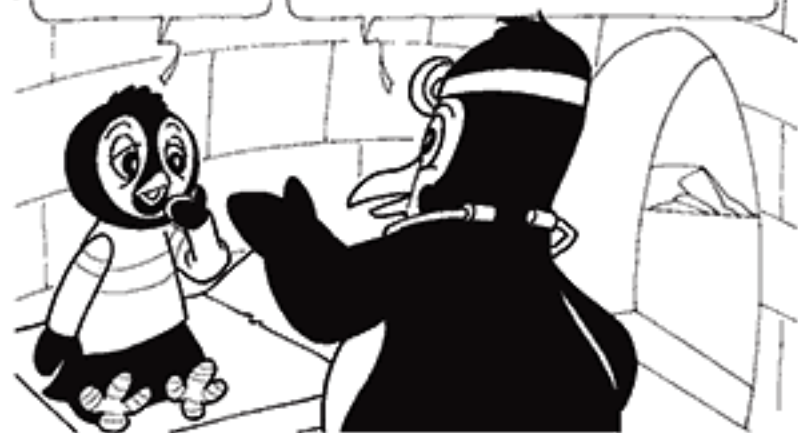
# A-MAZING

Sometimes, it's hard to tell the difference between a cold and the flu.  
Find your way through the maze to learn signs that can help tell you that you might have the flu.



How do you catch the flu?

The flu, like a cold, is caused by a virus. You can get this virus when you touch things that sick people have touched and then you touch your eye, nose or mouth.



**SMART FACT:**

**Signs of a cold show up slowly, while signs of the flu appear all of a sudden.**



# MAKE A MATCH

People usually get sick from a cold or the flu in certain months of the year. Read the clues and draw a line from the numbered clues at the top and bottom of the page to the months that match when cold and flu season occurs.

1. First day of Spring      2. Thanksgiving      3. Fool's Day

June

December

April

MARCH

September

JULY

May

January

October

August

November

FEBRUARY

4. Valentine cards      5. Santa Claus      6. First month of the year

## **The flu is different than a cold.**

It is more serious and can create other problems like pneumonia. That's why people get flu shots (or vaccines) before the flu season starts to keep them from getting the flu.



# Secret Code

Match the numbers to the correct letters to learn ways to stay healthy and be less sick.

5 24 5 18 3 9 19 5

6 18 5 19 8      1 9 18

19 12 5 5 16

23 1 20 5 18

7 15 15 4      6 15 15 4

10 21 9 3 5

13 9 12 11

3784 1047 1004 0000 14348 14378 1414848 1030888 144444

1=A  
2=B  
3=C  
4=D  
5=E  
6=F  
7=G  
8=H  
9=I  
10=J  
11=K  
12=L  
13=M  
14=N  
15=O  
16=P  
17=Q  
18=R  
19=S  
20=T  
21=U  
22=V  
23=W  
24=X  
25=Y  
26=Z



**SMART FACT:**  
Unlike colds, there are only a few viruses that cause the flu.

Germs, like cold and flu viruses, can make us really sick. Here are some good germ-stopping habits we can practice to stop the spread of germs:



Cover your mouth or use a tissue when you sneeze or cough.



Wash your hands with soap and water often.



Use sanitizing gel or wipes.



Don't share forks, spoons, and cups.



Keep some space from people when you're sick.



Don't use the same towel as someone who is sick.

# What's Different?

It's easy to pass germs from one person to the next  
so wash after play to keep the germs away.

Find five differences  
in the following pictures.



It's important to learn the facts about colds and the flu so you can protect yourself from getting sick.

## MYTH OR FACT

There are several myths about colds and the flu.

Circle **M** for myth and **F** for fact :

- M F** You can only catch a cold when the weather gets cold.
- M F** Chicken soup makes you feel better.
- M F** A cold or the flu is caused by a virus.
- M F** You'll get the flu if you get a flu shot.
- M F** Walking outside with wet hair can make you sick.
- M F** Flu vaccine is a flu shot.



THEY'VE GOT TO BE THE BEST

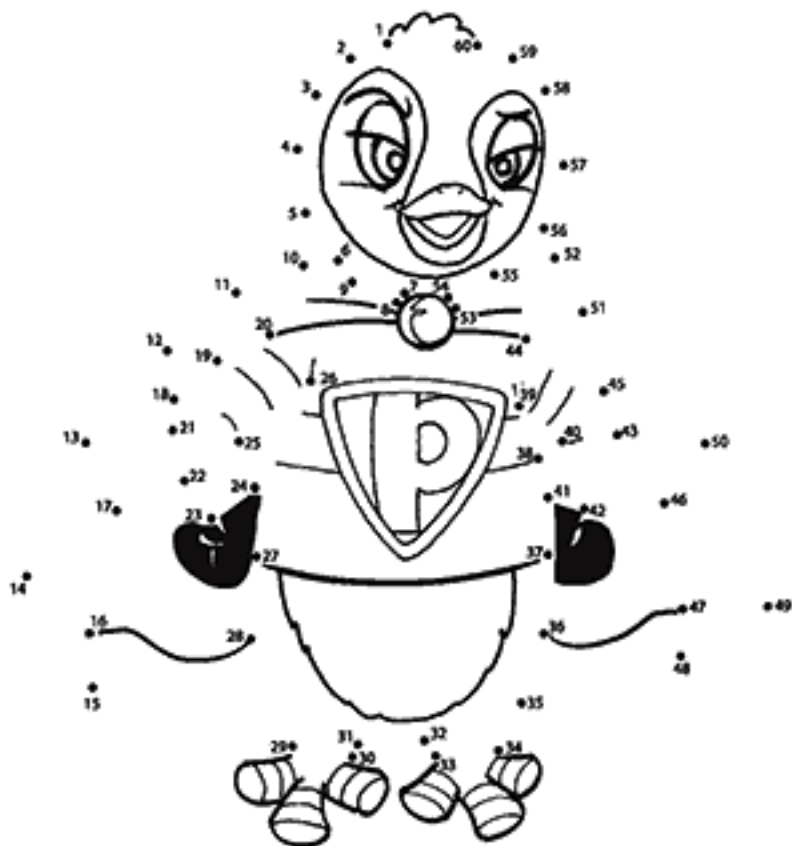


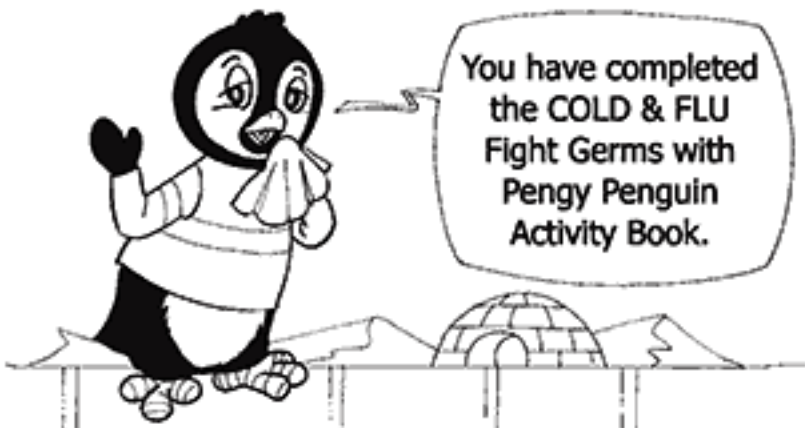
**SMART FACT:**  
**Viruses can live on a surface for up to 48 hours.**

# CONNECT THE DOTS

Be a super germ stopper.  
Stop germs from spreading and keep everyone healthy.

Connect the dots to see the Super Germ Stopper.





### **SUPER GERM STOPPER PLEDGE**

*I pledge to practice good germ-stopping  
habits to protect myself from getting  
sick and to stop the spread of germs.*

This SUPER GERM STOPPER certificate  
is presented to:

\_\_\_\_\_

Your Name

\_\_\_\_\_

Date





# February



1	2	3	4	5	6	7
8	9	10	11	12		
15	16	17	18	19	20	21
22	23	24	25	26	27	28



Conforms to ASTM D-4236  
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