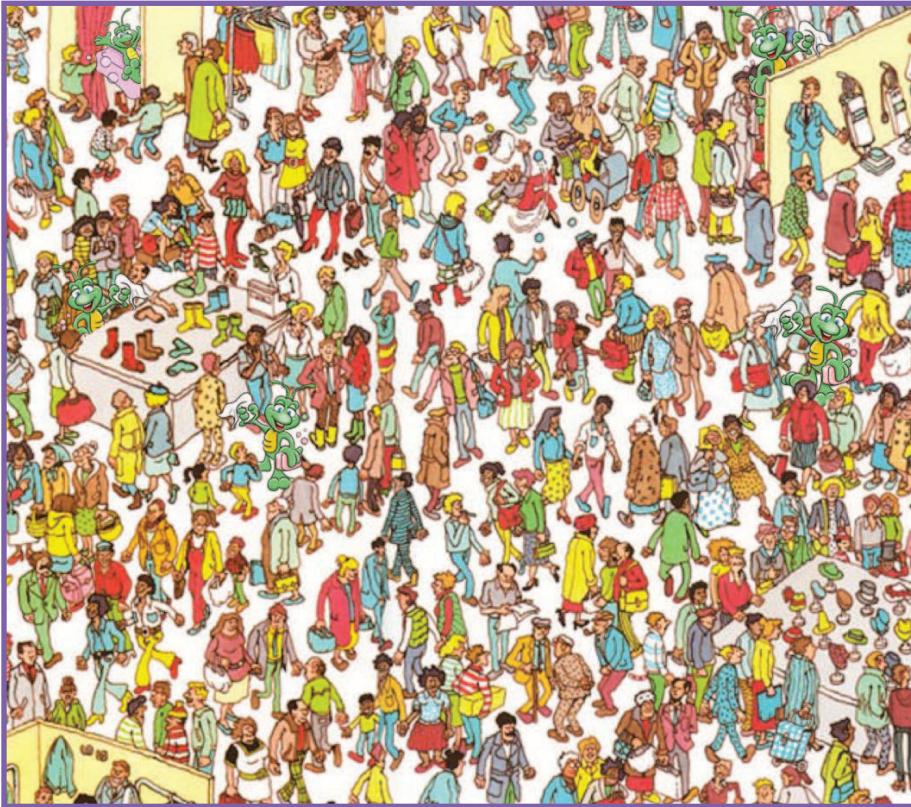


Where's Louie?

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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For more information please
log on to www.tulsa-health.org



Be a flu bug stopper
at school and at home.

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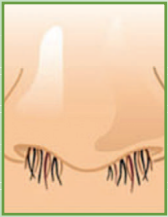


Gross Facts

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



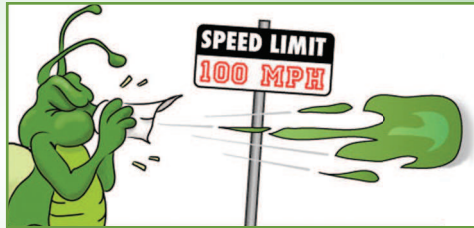
Nose hairs, or vibrissae, get coated with snot and perform a tag-team against pollen, dust, bacteria, viruses and other junk in the air. Snot is normally clear in color but can end up any color from yellow to brown to bright green. The color depends on what kind of junk your nose hairs and snot stopped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



School Name: _____
Verb: _____
Adjective: _____
Color: _____
Number: _____
Name of a Friend: _____
Funny Word: _____
Color: _____

Adjective: _____
Teacher Name: _____
Adjective: _____
Your Name: _____
Adjective: _____
Your Name: _____
Adverb: _____
Adjective: _____

It's flu season again! Usually flu season is my favorite time of year.

This year I planned to visit _____
(School Name)

and I usually _____ through the hallways. We make people
(Verb)
feel _____. Their noses run with _____ snot. They sneeze
(Adjective) (Color)

and cough _____ times an hour. When I arrived at the school, I heard
(Number)

_____ say s/he had visited Dr. _____ and had gotten
(Name of a Friend) (Funny Word)

a flu shot. I saw students washing their hands with _____
(Color)

_____ soap. I even saw _____ using
(Adjective) (Teacher Name)

_____ tissues. I couldn't find anyone to make sick!
(Adjective)

Some of my flu bug friends and I rode home on _____'s
(Your Name)

backpack. We thought we could spread our _____ germs there.
(Adjective)

But, _____ had taught everyone at home to wash their
(Your Name)

hands, use a tissue and to sneeze into their elbow. I finally gave up

and began _____ back home. I'll try to share my
(Adverb)

_____ germs with everyone again next year!
(Adjective)