



T.C.'s Health Hit List! Grades 4-6

It's your turn to be T.C.! Quiz your family on the 6 ways to prevent the flu. Then, ask them each follow-up question and write down the answers to see if they're stopping Mr. Flu.

Cleanin' Up



1. Wash your _____ with _____.
- ? How often do you wash your hands? _____

Water Works



2. Drink enough _____ every day.
- ? How much water do you drink a day? _____
- ? What else do you drink to stay hydrated? _____

Achoo!



3. _____ your sneezes with a _____.
- ? Do you know what a "sleeve sneeze" is? _____
(Show your family how to "sleeve sneeze!")

Get Your Zzz's



4. Get _____ hours of _____ a night.
- ? How many hours of sleep do you get at night? _____

Fight the Flu



5. A little pinch = a lot of prevention! Get a flu _____.
- ? Did you get your flu shot yet this year? _____

Healthy You



6. Get your daily amount of _____ from food or supplements.
- ? Do you take vitamins? What kind? _____