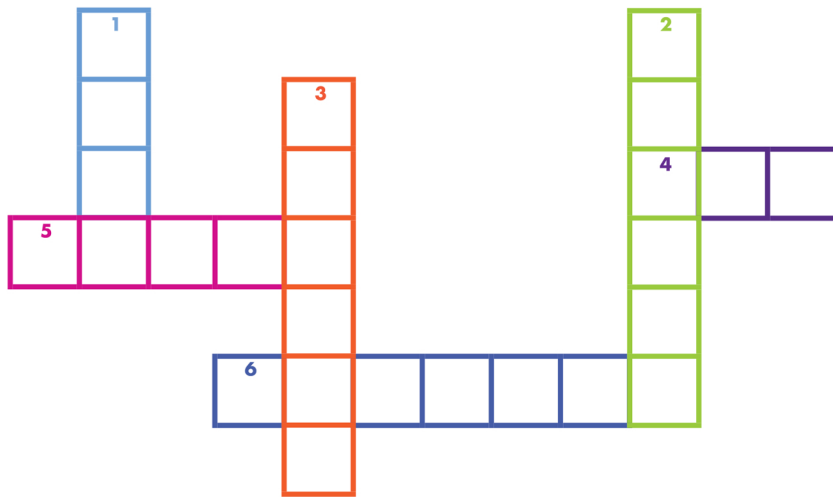


Activities



SYMPTOMS CROSSWORD

DOWN:

1. RUNNY _____
2. ACHOO!
3. SORE _____

ACROSS:

4. ____ ACHE
5. HIGH TEMPERATURE
6. YAWN! F ____ G ____

PRECAUTIONS WORD SEARCH



EAT healthy – Good nutrition keeps the immune system tough, watchful, and ready.

EXERCISE regularly – The stronger you are, the faster your body overcomes illness.

SMILE often – Laughter is the best medicine and boosts immune response.

REST fully – Getting enough sleep gives your body the energy to fight disease.

DRINK fluids – Hydration transports immune defenders to battle.

WASH hands – Germs cannot hurt you if you rinse them off and send them packing.

Get **VITAMINS** – A, B, C, D, E, & K, keep the viruses away.