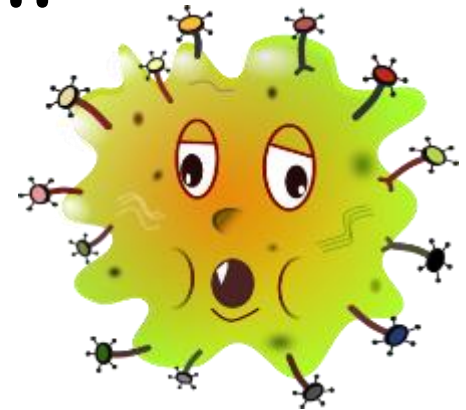
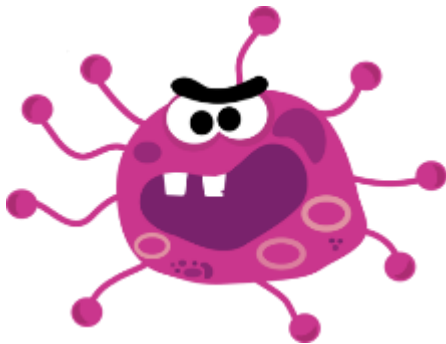


# Staying healthy and keeping the Flu away!

Southern Health School Age  
Immunisation Team



## OUR VALUES



People first



Partnership



Respect

# The Flu



## OUR VALUES



People first



Partnership



Respect

# What is the Flu?



- ➡ Flu is a type of illness that is like a really bad cold
- ➡ Having the flu is no fun

## OUR VALUES



People first



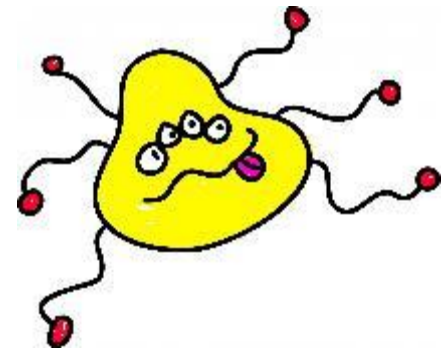
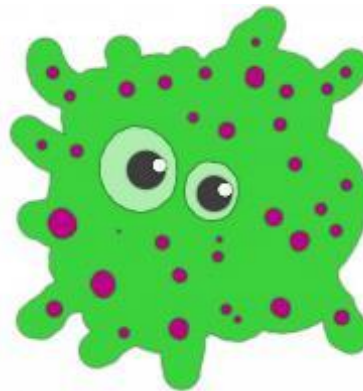
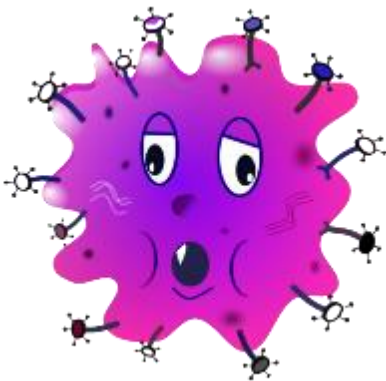
Partnership



Respect

# Germs and Bugs

- ➡ Flu is caused by types of bugs
- ➡ They are so tiny we cannot see them
- ➡ We can spread these bugs when we cough and sneeze



## OUR VALUES



People first



Partnership



Respect

# Sneezing is how our body tries to get rid of these bad bugs

- ➡ CATCH IT- with a tissue
- ➡ BIN IT- put it in the bin
- ➡ KILL IT-wash your hands



## OUR VALUES



People first



Partnership



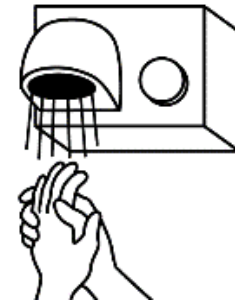
Respect

# How do we wash our hands?

➡ Remember to use soap



➡ and dry your hands



## OUR VALUES



People first



Partnership



Respect

# When do we wash our hands?



Before eating food



After using the toilet



After touching animals



## OUR VALUES



People first



Partnership



Respect



# Hand washing song

➡ <https://www.youtube.com/watch?v=zxlQn7KaCNU>



## OUR VALUES



People first



Partnership



Respect



# The nasal flu spray

- 🌀 Nurses will come to see you in school to give you a medicine to help protect you from the Flu bug
- 🌀 Flu medicine is a little spray that goes up your nose



- 🌀 It can tickle a bit, but it doesn't hurt
- 🌀 You will get a certificate after you have your medicine

## OUR VALUES



People first



Partnership



Respect

# Thank you for listening



## OUR VALUES



People first



Partnership



Respect