I'm a Flu Fighter!

I cover my mouth with a tissue when I sneeze or cough.

If I don't have a tissue?
Sneeze into your clothes.

What if I'm not near running water?
Use a hand sanitizer or wet wipes with alcohol.

I wash and dry my hands
- Before I eat
- After I sneeze or cough
- After I use the bathroom
- After I play on the ground or outside
- After I shake someone's hand
- After I touch an animal

What super tools do you need to fight the flu? Connect the dots and unscramble the words to find out.

What if I don't have a tissue?

What if I'm not near running water?

Germs spread when we sneeze without covering our mouths. They also spread when we sneeze into our hands and touch other things.

We can keep children safe from cold and flu by teaching them that germs cause colds and flu. Proper hand-washing and hygiene helps to kill germs.

Crayons Count has donated a standard set of learning tools to every institution that has applied for registration with the Early Childhood Commission. Crayons allow children to colour, draw and express their creativity while also developing their fine motor skills.

Parents' Tip:
Drawing and colouring activities are great, fun ways to teach children about important topics like hygiene and flu prevention. Repeating these activities helps to reinforce the lesson. You can find more health-related activities in the ECC Resource Book at ecc.gov.jm

I wash and dry my hands

How long should I wash my hands?
Long enough to sing the Flu Fighter song:

I wash my hands and sing a song and do a little dance
If I wash my hands enough then germs don't stand a chance
Bubble, bubble with the soap to keep the germs at bay
Rinse, rinse with the water to wash them all away
I keep the germs away from me
And they can't get to you
Clean hands keep us healthy
Safe from cold and flu!

Children's Own

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This page is brought to you by The Gleaner Company, Do Good Jamaica and Jackmandora. Crayons Count is a campaign to support early childhood education by 1) increasing awareness of the importance of early childhood education and good early childhood practices and 2) providing recommended learning tools to early childhood institutions. Support Crayons Count. Visit dogoodjamaica.org/crayonscount for more information.

*Flu Fighter song: Copyright (c) 2016 Kellie Magnus for Jackmandora.