

**MEET...**

PENNY

THE PLANNING PANDA

PENNY IS PREPARED**PENNY KNOWS PLANNING AND
PREPARATION PREVENTS
PANDE-MONIUM!**

WHAT IS PANDEMIC FLU?

Influenza or the "Flu" is a serious illness that you can pass to or get from someone else. You can give flu germs to other people before you know you are sick! People with the flu may have a fever, headache, stuffy nose, cough and muscle aches. Usually people get sick with the flu during wintertime.

When you hear the phrase "pandemic flu," that means that people all over the world are getting sick with the flu. Pandemic flu is usually worse than the "normal" flu. It is a new kind of flu that no person has gotten before. Because it is new, no one's body has "immunity" to defend itself against the germs. This means that it is easier to get sick and easier to pass to other people.

**LOOK
INSIDE FOR
PENNY'S
PANDEMIC
PLANNING
TIPS...**

PENNY THE PLANNING PANDA LOVES TO PLAN!

YOU CAN PLAN

All of us feel better when we plan for things. Just like you think about what you'll take on your next sleepover or what you'll do on your vacation, you'll feel better if your family has a plan for what they will do if there is flu pandemic. While you are doing the activities on these pages, think about what you can do to be ready!

SEE HOW EASY IT IS TO PREPARE A PLAN?

DID YOU KNOW...

COUGHING AND SNEEZING ARE WAYS TO SPREAD THE FLU. MILLIONS OF GERMS TRAVEL THROUGH THE AIR AT OVER 100 MILES PER HOUR WHEN YOU SNEEZE!

REMEMBER TO COUGH OR SNEEZE INTO YOUR ELBOW, NOT YOUR HANDS!

MCDH

MCHENRY COUNTY
DEPARTMENT OF HEALTH

WORD SEARCH

E	X	M	R	A	D	I	O	Z	U	B	P	Q
B	M	P	W	E	G	F	N	W	L	A	S	C
F	H	E	S	K	H	V	R	A	Q	T	I	A
L	E	T	R	M	L	U	N	T	A	T	P	N
A	L	F	O	G	D	K	Y	E	Z	E	A	N
S	A	O	N	I	E	K	S	R	E	R	L	E
H	B	O	R	T	U	N	K	L	U	I	C	D
L	J	D	S	F	B	A	C	P	M	E	Y	F
I	E	W	G	A	M	E	S	Y	J	S	V	O
G	B	N	P	Q	U	D	F	O	K	A	W	O
H	F	I	R	S	T	A	I	D	K	I	T	D
T	H	C	K	E	N	C	H	I	P	P	T	E
L	C	A	N	O	P	E	N	E	R	O	D	R

Assembling an emergency kit is an important way to get your family prepared. Find and circle the following preparedness items!

EMERGENCY KIT

WATER

CANNED FOOD

FLASHLIGHT

BATTERIES

CAN OPENER

RADIO

BLANKETS

PET FOOD

FIRST AID KIT

GAMES

SC

DID YOU
WO

Here are some
need in your

PAPER/PLAS
PLATES AN

PAPER AND P
DUCT TAPE

How many things
Let's go on a sca
to find out!

If you don't have
pick up a few of th
they are at the sto

PENNY PLANS FOR PROBLEMS

A PANDEMIC COULD HAPPEN. IT MIGHT BE A VERY SCARY TIME FOR YOU AND YOUR FAMILY. FOR EXAMPLE, YOU MAY HAVE TO STAY HOME FROM SCHOOL FOR AWHILE, AND YOUR PARENTS MAY NOT GO TO WORK. THINGS MAY BE CONFUSING, BUT PLANNING AND PREPARING WILL HELP YOU PROTECT YOURSELF DURING THESE TIMES.

Proper hand washing is important!

Washing your hands the right way is one of the best ways to avoid getting sick! Do you know how to wash your hands correctly?

- Wet your hands with warm water
- Apply soap
- Scrub hands for 20 seconds – that's the amount of time it would take you to sing "Happy Birthday" twice!
- Don't forget to clean under your nails, in between your fingers and on the back of your hands too.
- Rinse all of the soap off of your hands.
- Dry your hands with a paper towel.

Remember that you should wash your hands after you sneeze or cough; after using the bathroom; before you eat and before you touch your eyes, nose or mouth!



HOW WE GET SICK

GERMS ARE VERY SMALL AND THEY TRY TO GET INTO YOUR BODY ALL THE TIME. USUALLY YOUR BODY IS ABLE TO FIGHT OFF ANY GERMS THAT GET INSIDE. SOMETIMES, THE BODY ISN'T ABLE TO GET RID OF THE GERMS RIGHT AWAY, AND THE GERM MAKES YOU SICK. REMEMBER TO WASH YOUR HANDS A LOT TO KEEP THE GERMS OUT. DON'T FORGET TO EXERCISE AND EAT RIGHT SO YOUR BODY CAN STAY STRONG AND FIGHT TO KEEP YOU HEALTHY!

IF THERE IS A PANDEMIC...

1. Try to remember that this won't last forever.
2. Adults can help you understand what is going on. Don't be afraid to ask questions.
3. It may help to write about what's happening or draw pictures about how you feel.
4. It's okay to cry, but remember things will get better!
5. You may be able to help others. Ask your parents what you can do.

AVENGER HUNT

DO YOU FIND ALL OF THE HIDDEN SEARCH ITEMS?

Find other items that you might have in your family emergency kit.

- TOILET PAPER
- CUPS
- PENCILS
- BOOKS
- PLASTIC GARBAGE BAGS
- PILLOWS

What do you already have at home? Do an avenger hunt through your house.

For everything, ask your parents to help you find the missing items the next time you have an avenger hunt.