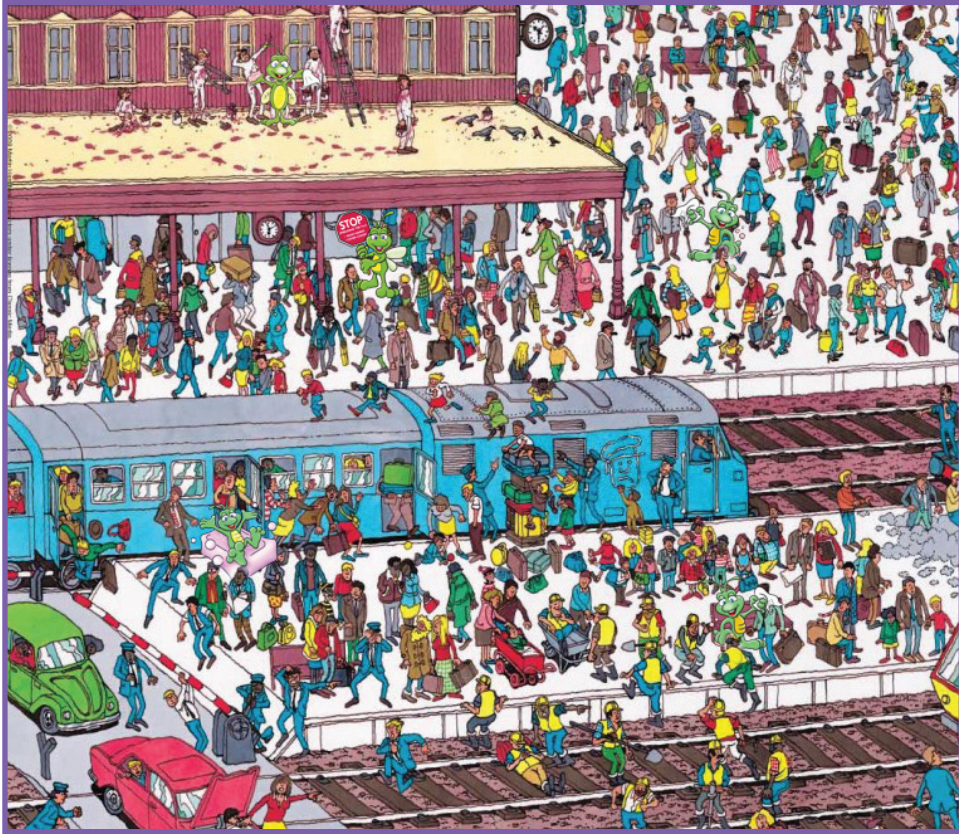


Where's Louie?

The flu bug can hide anywhere! And, unlike Louie Achooee, you can't see the flu bug. Circle all of the places Louie is hiding in this picture (there are five) – and remember, just because you don't see the flu bug, doesn't mean he is not there!



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Don't Bug Me!

Facts, Fun & Games

Be a flu bug stopper at school and at home.



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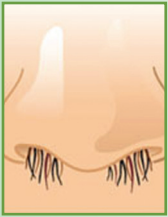
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Gross Facts

Snot, boogers, phlegm and loogies are all the same thing – Mucus. Believe it or not, mucus is a good thing! Its job is to clean the air we breathe so all the yucky stuff in the air doesn't end up in your lungs. Mucus doesn't work all by itself, it has an accomplice: Nose Hairs. No kidding!



Hairy Accomplice



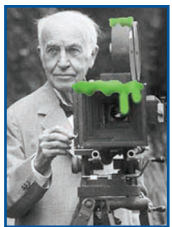
Nose hairs, or vibrissae, get coated with snot and perform a tag-team against pollen, dust, bacteria, viruses and other junk in the air. Snot is normally clear in color but can end up any color from yellow to brown to bright green. The color depends on what kind of junk your nose hairs and snot stopped from getting into your lungs.

Think for a minute. How much snot have you blown out of your nose today? I'll bet it's not anywhere near a cupful. Where does the rest go? Down the back of your throat! Farther inside your nose there are really, really small hairs called cilia. Cilia's purpose is to clean the aftermath of the battle between snot and gunk. These hairs form a mini conveyor belt for used-up snot and move it to the back of your throat. From there you either spit it out as a huge loogie, swallow it or sneeze it out.



Speedy Sneeze

When you sneeze, your body ejects snot, spit, and pretty much anything else in your mouth and nose outwards at up to 100 miles per hour. That is a fast sneeze! All that speed and power means that your sneeze can cover a very large area in no time. That's a perfect way to spread the flu! So remember to cover your mouth when you sneeze!



Lights, Camera ... Sneeze?

Did you know that the sneeze helped invent movies? Thomas Edison, inventor of the lightbulb, came up with the idea in 1888 after watching someone sneeze. He thought if you viewed still photos quickly in a sequence, it would appear as if the subject was moving.



Text Messaging with Louie A Mad-Lib



Adverb: _____ Adjective: _____
 Color: _____ Adjective: _____
 Number: _____ Your Name: _____
 Adjective: _____ Number: _____
 Verb: _____ Adjective: _____
 Favorite Place: _____ Color: _____
 Silly Word: _____ Silly Word: _____
 Adjective: _____ Different _____
 Your School Name: _____ School Name: _____

From Louie:

Flu season is almost here! I am so excited that I am (_____) up and down! This is when I get to make your nose run with (_____) snot and give you a fever of (_____) degrees. You will feel lousy and (_____) . You can't (_____) or go to (_____) . The only place you'll be going is to Dr. (_____) 's office. My flu bug friends are (_____) and invisible – so no one can see us! We may be at (_____) , on your (_____) pencil or on your (_____) telephone.

From (_____) :

Hi Louie! I'm not scared of you or your (_____) flu bug friends this year! I learned I can keep you away just by washing my hands with warm water and (_____) soap, using a (_____) tissue if I cough or sneeze and getting a flu shot at Dr. (_____) 's office.

From Louie:

Oh. I guess I'll just have to find someone at (_____) to bug this year! TTYL!