



Personal Health Series Colds and Flu

Viral Messages

Instructions: Write a public service announcement (PSA) about flu prevention to be read during morning announcements. Get ideas from the articles at KidsHealth.org and write them in the Notes section below. Then use your notes to write your PSA, making sure it's less than 30 seconds long. Use some catchy phrases so kids will remember your message!

Notes
Flu facts:
How to protect yourself from the flu:
How to avoid spreading the flu to other people:
now to avoid spreading the na to other people.
What to do if you have the flore
What to do if you have the flu:





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Name:	Date:
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