

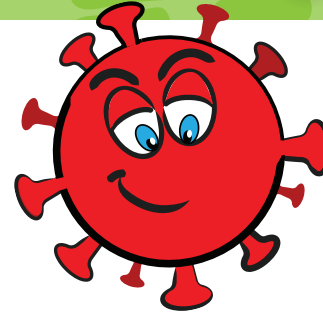
Where's Louie?

The flu bug can hide anywhere! And, unlike Louie Achooe, 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!



Facts, Fun & Games

Stop the flu and COVID too!

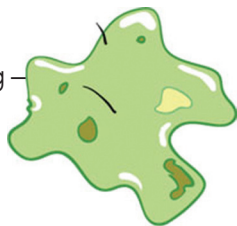


Sponsored by

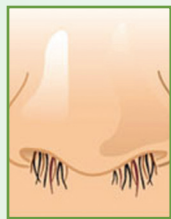
 **Portneuf**
MEDICAL CENTER

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.

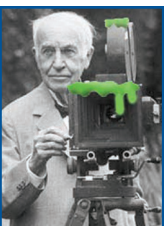
Think for a minute. How much snot have you blown out of your nose today? I'll bet it's not anywhere near a cupful. Where does the rest go? Down the back of your throat! Farther inside your nose there are really, really small hairs called cilia. Cilia's purpose is to clean the aftermath of the battle 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.

A letter from Louie Achooie A Mad-Lib



Your Name: _____ Adjective: _____
 Number: _____ Favorite Activity: _____
 Adjective: _____ Favorite School _____
 Number: _____ Subject: _____
 Silly Word: _____ Adjective: _____
 Adjective: _____ Color: _____

Dear _____,
(Name)

Last year, my flu bug friends and I were at your school and we noticed you were trying to keep us away! Your school used _____ gallons of _____ soap and warm water to wash your hands.
(Number)
(Adjective)

You used _____ tissues to blow your nose. Dr. _____ gave you a flu shot. And, your classmates who got sick stayed home in their _____ beds and _____ pajamas – even if it meant missing _____!
(Number) (Silly Word)
(Adjective) (Adjective)
(Favorite Activity)

We will stop by again this year and will hide all over your school to see if we can bug you with the flu! We'll be on the door of your _____ classroom, on the playground and on the _____ computer keyboard! We're invisible so you won't know we were there until you start to have _____ snot and your stomach feels like you just got off a roller coaster!
(Favorite School Subject)
(Adjective)
(Color)

Sincerely,

Louie