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!

Facts, Fun & Games

Stop the flu and COVID too!

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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 Sneezes
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... Sneezes?
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__________________________ ,

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.

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 ________________!

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!

Sincerely,

(Adjective) (Adjective) (Favorite School Subject) (Favorite Activity)
(Adjective) (Silly Word) (Adjective) (Color)

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