

# ACTIVITY BOOK

FOR LITTLE FIGHTERS



# F.I.G.H.T.

**THE SPREAD OF INFECTIOUS DISEASES**

PROTECT THE ONES YOU LOVE

**THIS BOOK  
BELONGS TO**

**NAME**

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**SCHOOL**

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# **F.I.G.H.T.**

***THE SPREAD OF INFECTIOUS DISEASES***

***PROTECT THE ONES YOU LOVE***

**The exercises in this book are a little special.  
That's because they can help you fight the  
spread of infectious diseases like the flu.**

**Have fun doing them with your friends and  
family, and stay healthy together!**

Read something you don't understand?  
Flip to the last page to learn some of the  
big words in this book.

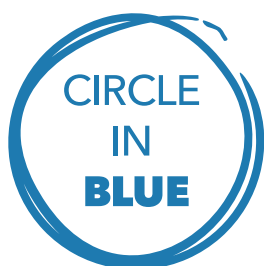
# FREQUENT HAND WASHING

## JOHN WANTS TO BE GERM-FREE

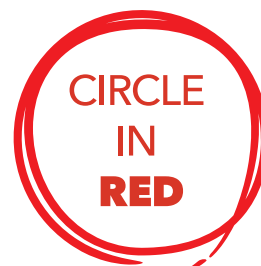


John just got home from a long day of school. He knows he has to wash his hands, but he needs your help! Circle the things he needs in blue, and those he should avoid in red.

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



WATER  
SOAP  
BATHROOM  
BASIN  
TOWEL



VIRUS  
GERMS  
FLU  
BACTERIA  
INFECTIONS



1. PALM TO PALM



2. BETWEEN FINGERS



3. BACK OF HANDS



4. BASE OF THUMBS



5. BACK OF FINGERS



8. RINSE AND WIPE DRY



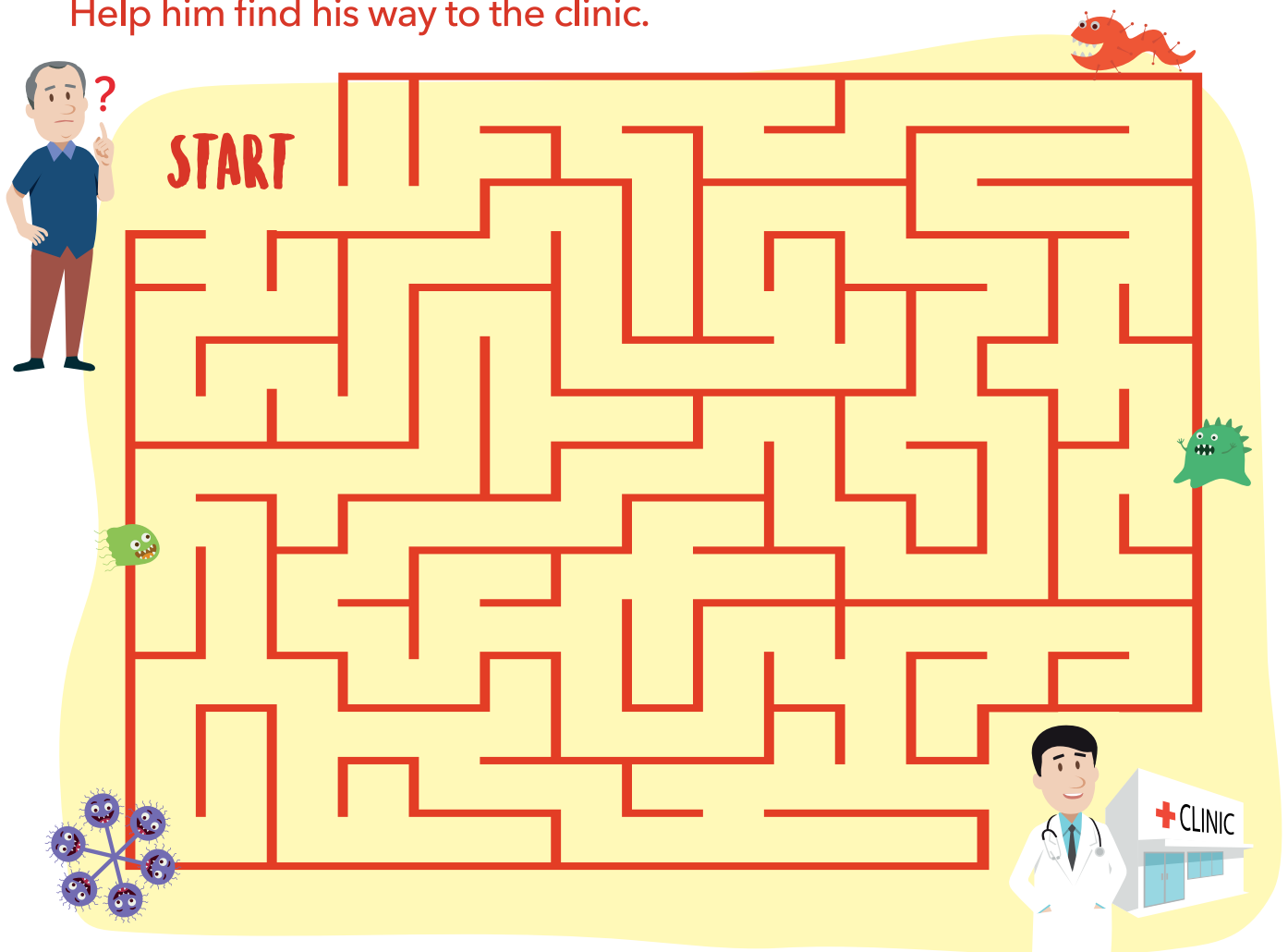
7. WRISTS



6. FINGERNAILS

# UNCLE GOH NEEDS HIS FLU VACCINATION!

Help him find his way to the clinic.



## Ask your grandparents:



- Have you had your flu vaccination?
- When was your last one?
- Do you know that adults 65 and above need one every year?
- Do you know you can book an appointment at any polyclinic?

## SPOT THE DIFFERENCE IN SERENE

Serene was feeling unwell at work. So she did the responsible thing, and went to see the doctor. She's already feeling better. Can you spot the differences, before her visit and after?

**Circle 10 differences in these two pictures.**



### Are you feeling these signs of a flu?

Fever  
Cough  
Sore throat

Body aches  
Headache

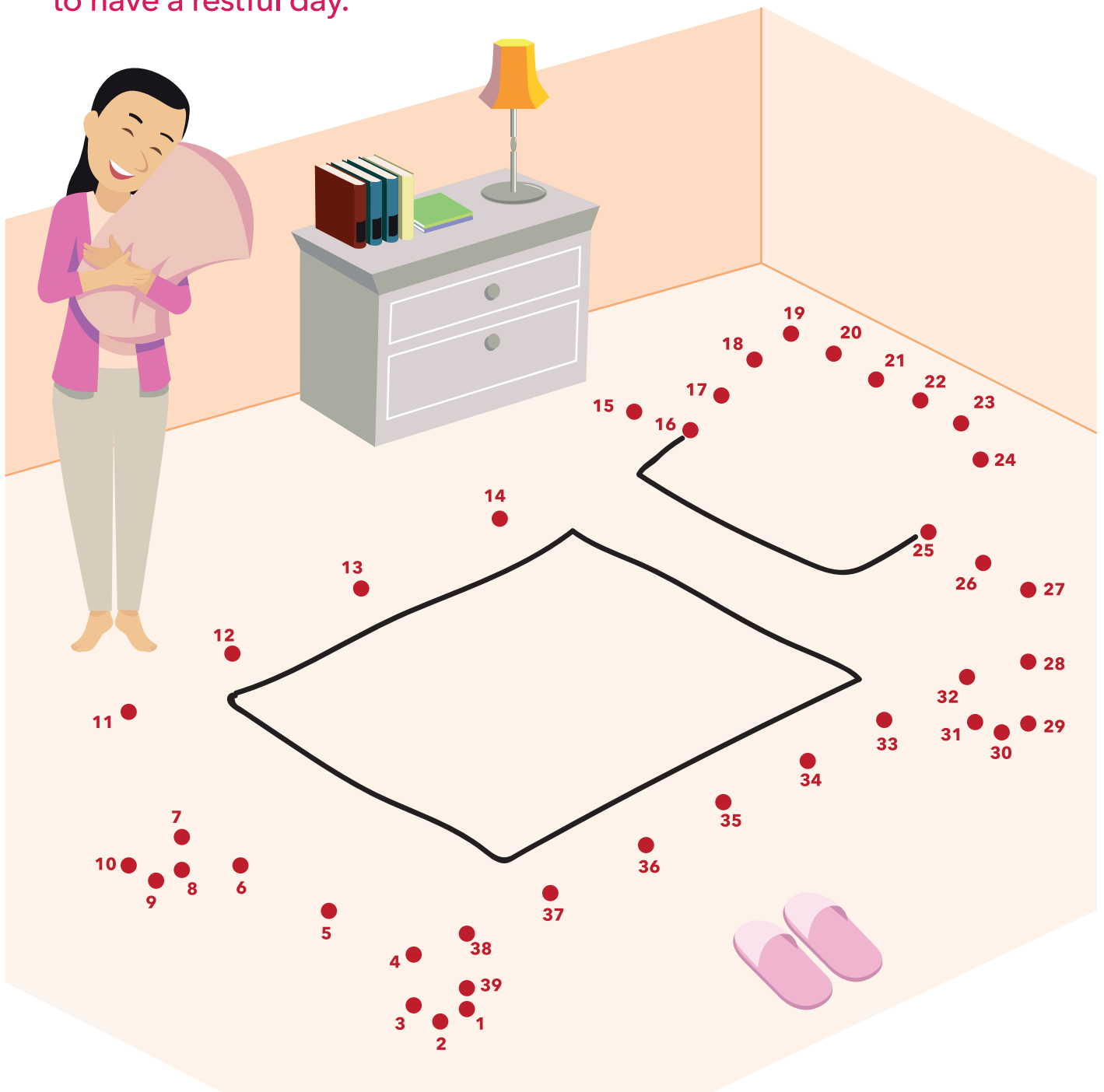
Fatigue  
Chills

Runny or  
stuffy nose

If you are, tell your parents that you need to see the doctor!

## WHAT IS VANI MISSING?

Vani is staying at home today because she has the flu. Help her on her road to recovery. Connect the dots to reveal what she needs to have a restful day.





# GET SOME HOME REST

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## Not feeling well? Rest is best!

Stay at home and let your body recover. Stay away from school, malls and other crowded places. If your parents are ill, ask them rest at home too. Get well together!

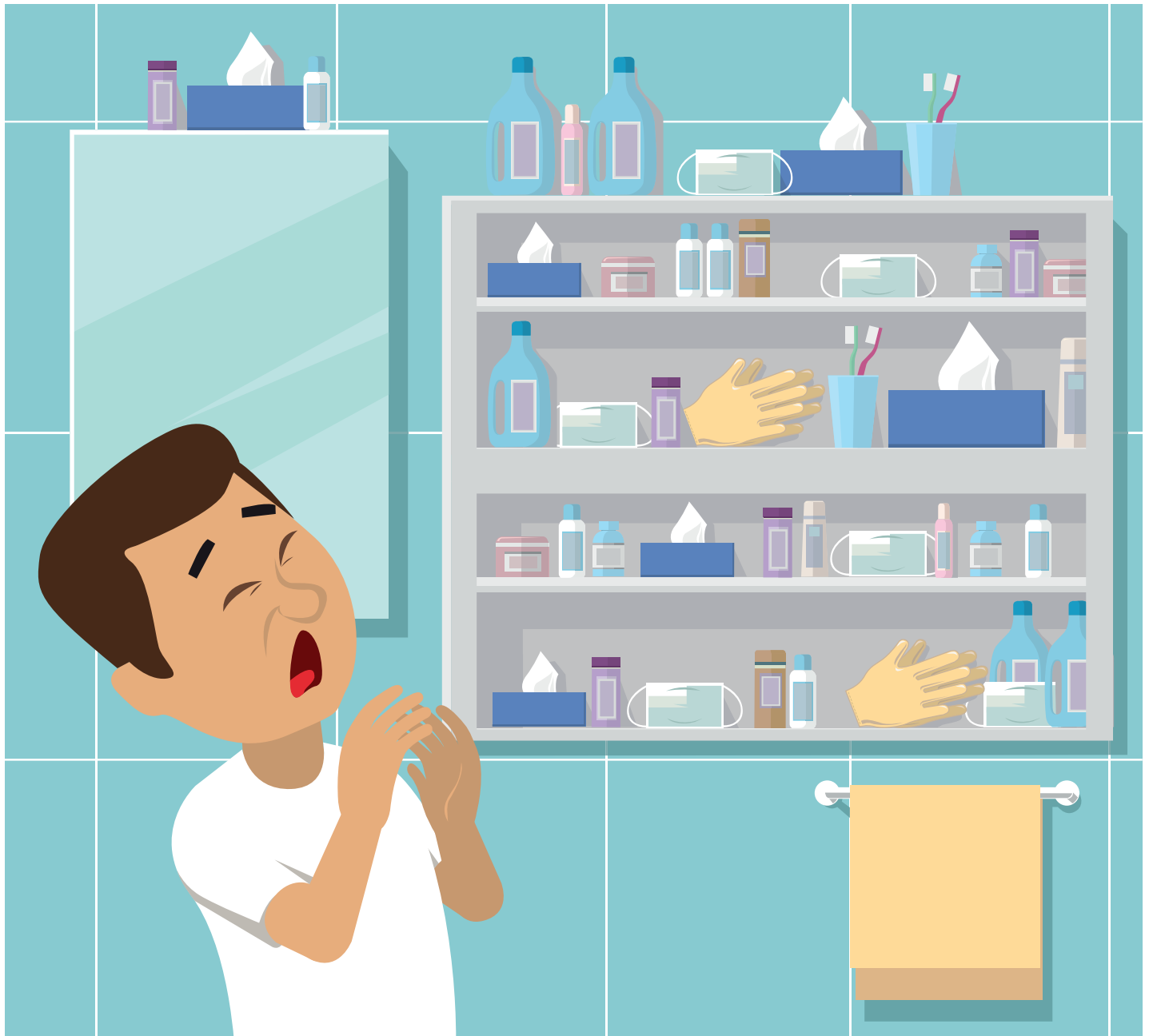
**A healthy family is a happy family.  
Draw yours here and colour the page!**



## GET FIRDAUS SOME TISSUES AND MASKS

If Firdaus keeps sneezing, he'll spread his germs to everyone.  
Quick, bring him some tissues and masks!

Find and circle them in this picture. The more you can find, the better!



## WHAT DOES IT MEAN?

# FIVE WORDS EVERY FIGHTER MUST KNOW

Understand these words and be better prepared to fight the spread of the flu and other infectious diseases. Remember, knowledge is power!



### Infectious diseases

Illnesses that are caused by germs such as bacteria and viruses.



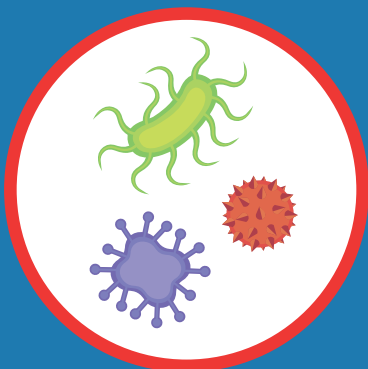
### Fatigue

Extreme tiredness, which you can feel when ill.



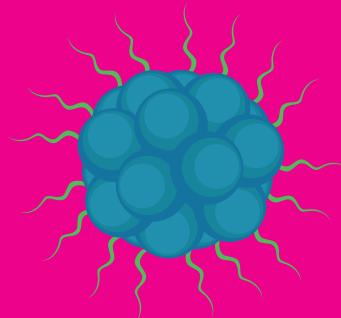
### Flu vaccination

An injection that protects us against influenza.



### Bacteria

Tiny living germs that can cause infections but can be killed by antibiotic medicine.



### Virus

Tiny living germs that can cause infections and cannot be killed by antibiotic medicine.

# F.I.G.H.T.

THE SPREAD OF INFECTIOUS DISEASES

PROTECT THE ONES YOU LOVE

GO TO THE DOCTOR

IMMUNISATION

HOME REST

FREQUENT  
HAND WASHING

TISSUES AND MASKS



Learn more at [fightthespread.sg](http://fightthespread.sg)