

Cold and Flu Syllacrostic



Your Health and Wellness Awareness Program

Name: _____

Fill in the answers to the clues using the syllables below. All the syllables will be used — each only once. The number of syllables in each answer is in parentheses after the clue. All information can be found in this month's LivingRight® bulletin and bonus article.

A	AC	AC	BER	CIN	FE	I
IM	IN	MUNE	NO	OC	RHI	RUS
SE	TER	TION	TIV	TIVE	TO	TWEN
TY	TY	VAC	VEN	VER	VI	WA

1. A flu shot won't cause you to become ill because it is made of _____ viruses or no viruses at all. (3)
2. Chills, _____, and a cough may be symptoms of the flu. (2).
3. Flu season begins in _____. (3)
4. If you get the flu, you could infect others five to _____ days after becoming sick. (2)
5. The Centers for Disease Control and Prevention recommends flu _____ as an effective way to fight the flu. (4)
6. Soap and _____ can remove the flu virus from surfaces. (2)
7. Scrub hands for at least _____ seconds to get rid of germs. (2)
8. The _____ is a cold virus that is more common in winter. (4)
9. One good health habit that can help keep flu germs from spreading is physical _____. (4)
10. Including plenty of fruit, vegetables, and whole grains in your diet can help boost your _____ system. (2)