Did you know that a sneeze can travel over 100 miles per hour? No wonder the flu can spread so fast!

There are only a few kinds of flu, but over 200 kinds of colds! And they all make you feel pretty yucky.

Almost 35 million people can get the flu every year! Imagine if they all sneezed at once - yikes!

If you have the flu, rest in bed, bugging you, and drink plenty of water. You may need to see a doctor for special medicines.

To help keep the flu from bugging you, wash your hands the scrub club way!

The most common time of year to get the flu is during the cold winter months. So why do they call it Spring Fever?

A flu can make your chest hurt and your nose run. Your head spins and you need to lay down. Remember, your sneeze can spread thousands of little viruses so put on a mask when you have the flu.

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Scrub Club® HANDANGGO!
Have fun with your friends and learn how to stop Influenza Enzo and his Flu Crew.