



LESSON 12

Flu Season

It's January.

It's **flu** season.

Many people are sick with the flu.

Hana and her family want to stay well.

Hana's father eats healthy food.

Hana's mother takes **vitamins**.

Her sister drinks orange juice.

Hana's grandmother gets a flu **shot**.

Her grandfather gets a lot of sleep.

Hana washes her hands often.



On Saturday, Hana visits her friend. She plays with her friend all day. She comes home with a terrible **headache**.

"Maybe I'm sick," says Hana. "Everyone in my friend's family has the flu."



Complete the story.

It's January. It's _____¹ season. Many people are sick with the flu. Hana and her _____² want to stay well.

Hana's father eats _____³ food. Hana's mother takes _____⁴. Her sister drinks _____⁵ juice. Hana's grandmother gets a flu _____⁶. Her grandfather gets a lot of sleep. Hana washes her _____⁷ often.

On Saturday, Hana visits her friend. She plays with her _____⁸ all day. She comes home with a terrible _____⁹. "Maybe I'm sick," says Hana. "Everyone in my friend's family has the flu."

Check yes or no.

Yes No

- ___ ___ 1. It's January.
- ___ ___ 2. It's flu season.
- ___ ___ 3. Hana and her family are sick with the flu.
- ___ ___ 4. Hana's father eats healthy food.
- ___ ___ 5. Hana's mother gets a flu shot.
- ___ ___ 6. Hana washes her hands once a day.
- ___ ___ 7. On Saturday, Hana visits her friend.
- ___ ___ 8. She plays with her friend all day.
- ___ ___ 9. Hana comes home with a terrible stomachache.
- ___ ___ 10. Her friend's family has the flu.

You decide.

Check the actions that can help you stay healthy.

- | | |
|---------------------------------|----------------------------|
| 1. ___ eat healthy food | 7. ___ sleep |
| 2. ___ take vitamins | 8. ___ touch your face |
| 3. ___ get a flu shot | 9. ___ take herbs |
| 4. ___ visit sick friends | 10. ___ drink orange juice |
| 5. ___ wash your hands often | 11. ___ stay home |
| 6. ___ take anti-viral medicine | 12. ___ share drinks |

Talking to the Doctor

Practice the dialog with a partner.

Do I need a flu shot?

How old are you?

I'm 67.

Yes. It's a good idea for people over 65.

When can I get it?

It's better to get it before flu season.



Flu Shot Notice

Read the flu shot notice. Then underline the correct answers.

Flu Shots

East River Public Health Center, 855 Field Street

Mondays, Tuesdays, Wednesdays, and Fridays: 8:00 A.M. to 11:00 A.M.

Thursdays: 1:00 P.M. to 4:00 P.M.

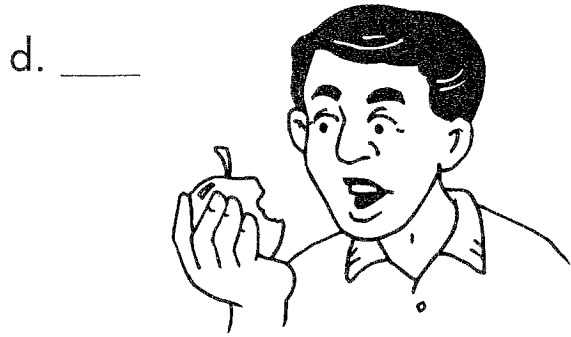
\$10 fee

Call for more information: 555-3840

1. You can get a flu shot at the (**East** / **West**) River Public Health Center.
2. The address is (**885** / **855**) Field Street.
3. You can get a flu shot on (**Thursday** / **Friday**) from 1:00 P.M. to 4:00 P.M.
4. Flu shots cost (**\$10** / **\$20**).
5. You can call for more information at (**555-8420** / **555-3840**).

Staying Well

Listen to the things Hana and her family are doing. Write the correct number next to each picture.



Complete the sentences.

1. Hana and her _____ want to stay well.
[family / father]

2. Her _____ gets a flu shot.
[grandfather / grandmother]

3. Hana washes her _____ often.
[headache / hands]

4. She plays with her _____ all day.
[flu / friend]

Think about it.

Hana has the flu. What can help her feel better? Write your ideas on the lines below.

Check *yes* or *no* about you.

Yes **No**

_____ _____ 1. I eat healthy food.

_____ _____ 2. I take vitamins.

_____ _____ 3. I wash my hands often.

_____ _____ 4. I get a flu shot.