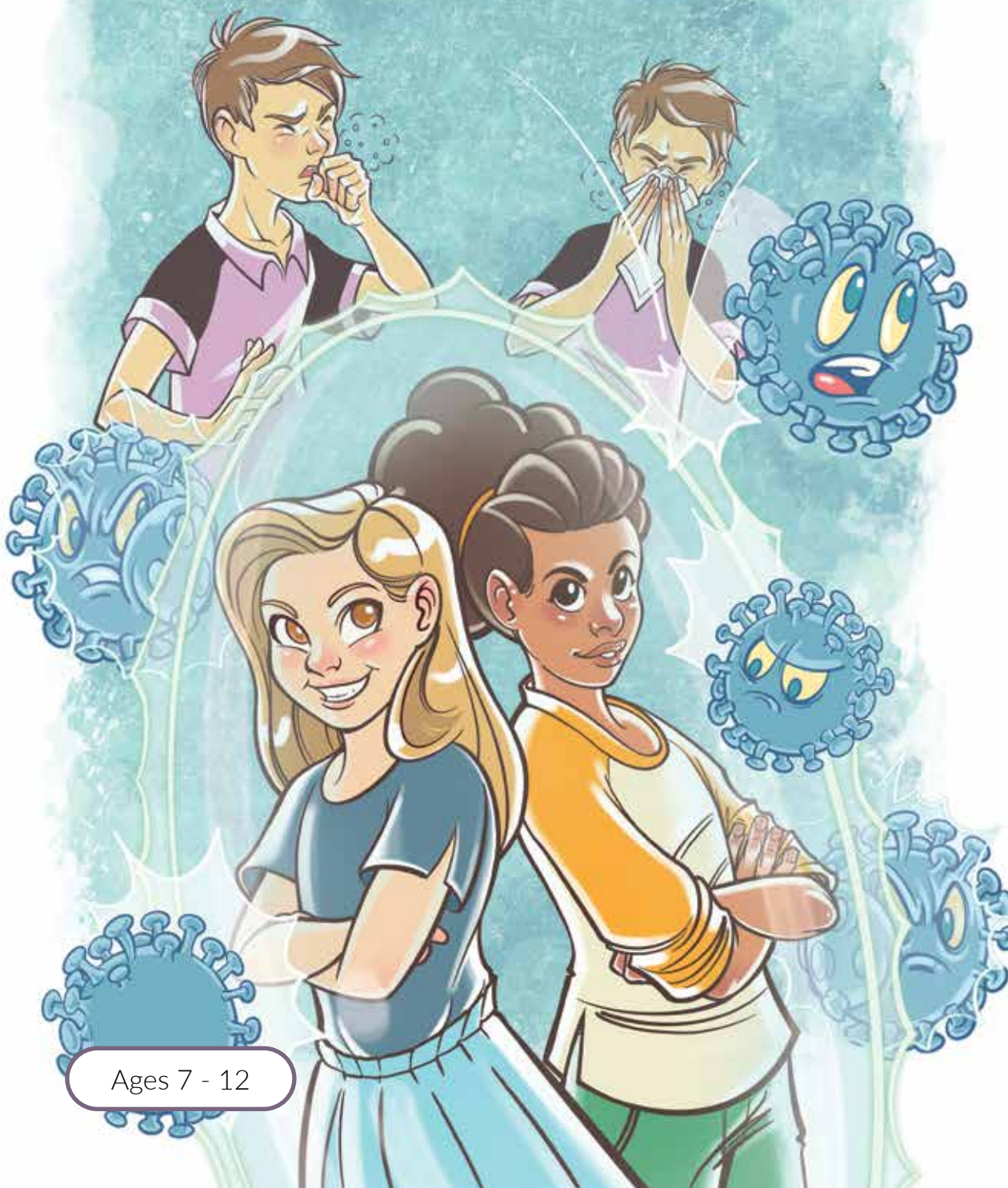


CAROLINE'S STORY: HAVING THE FLU

WHY YOU DON'T WANT TO SKIP THE FLU VACCINE



Ages 7 - 12



FEATURING:

CAROLINE

The star of this book

My name is Caroline. I live with my Mom, Dad, sister, and our dog Charlie.

This is my story about having the flu. I was only 5 at the time but I remember being scared and confused! I had never been sick before. I was in the hospital for two weeks and even missed Christmas, my favorite time of the year!

The year I was in hospital was the one year my family missed getting the flu shot. Not anymore! The flu can happen to anyone, even if you are healthy and well. That's why we all get our flu shots as a family every single year.

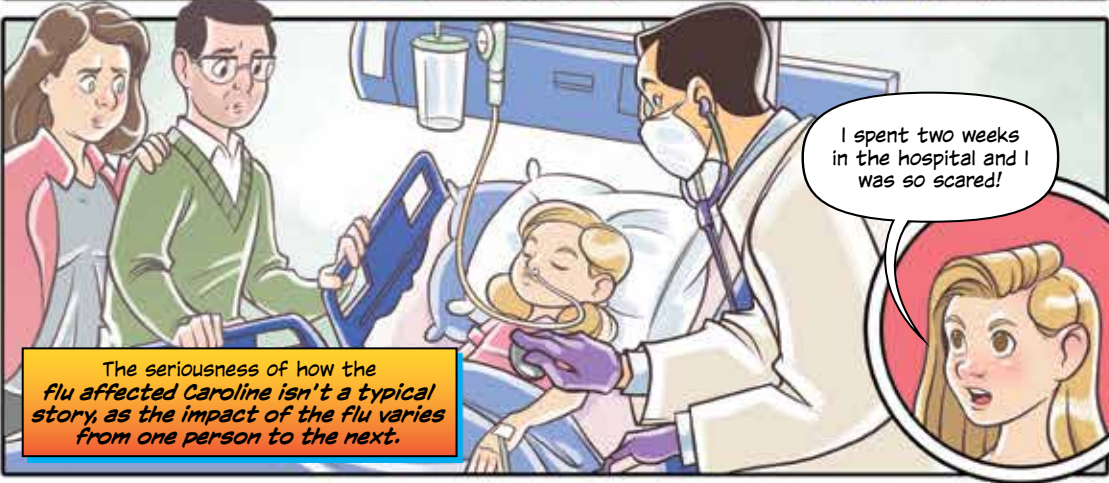
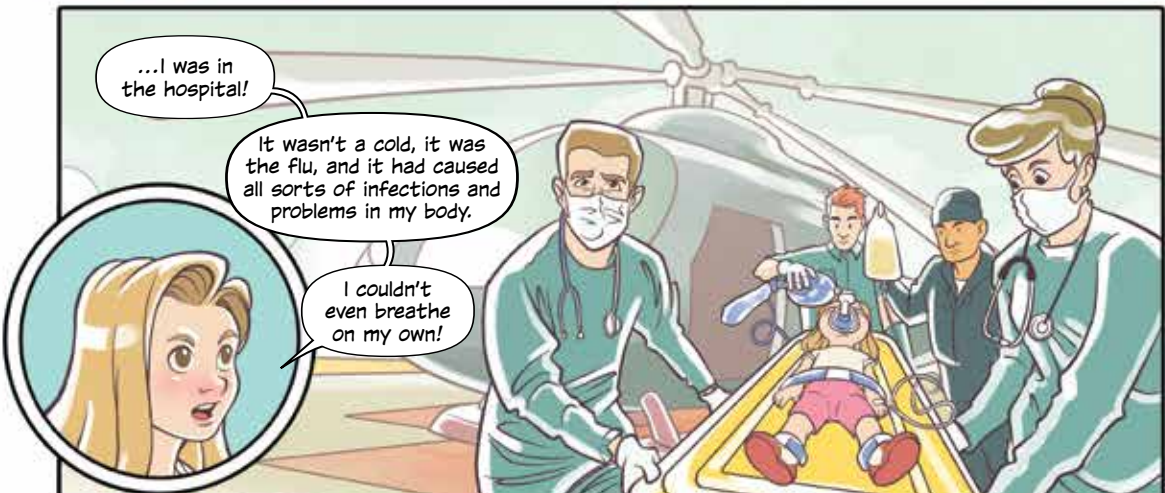
This book not only tells you about my flu story, but also explains about the flu and why vaccination is so important.

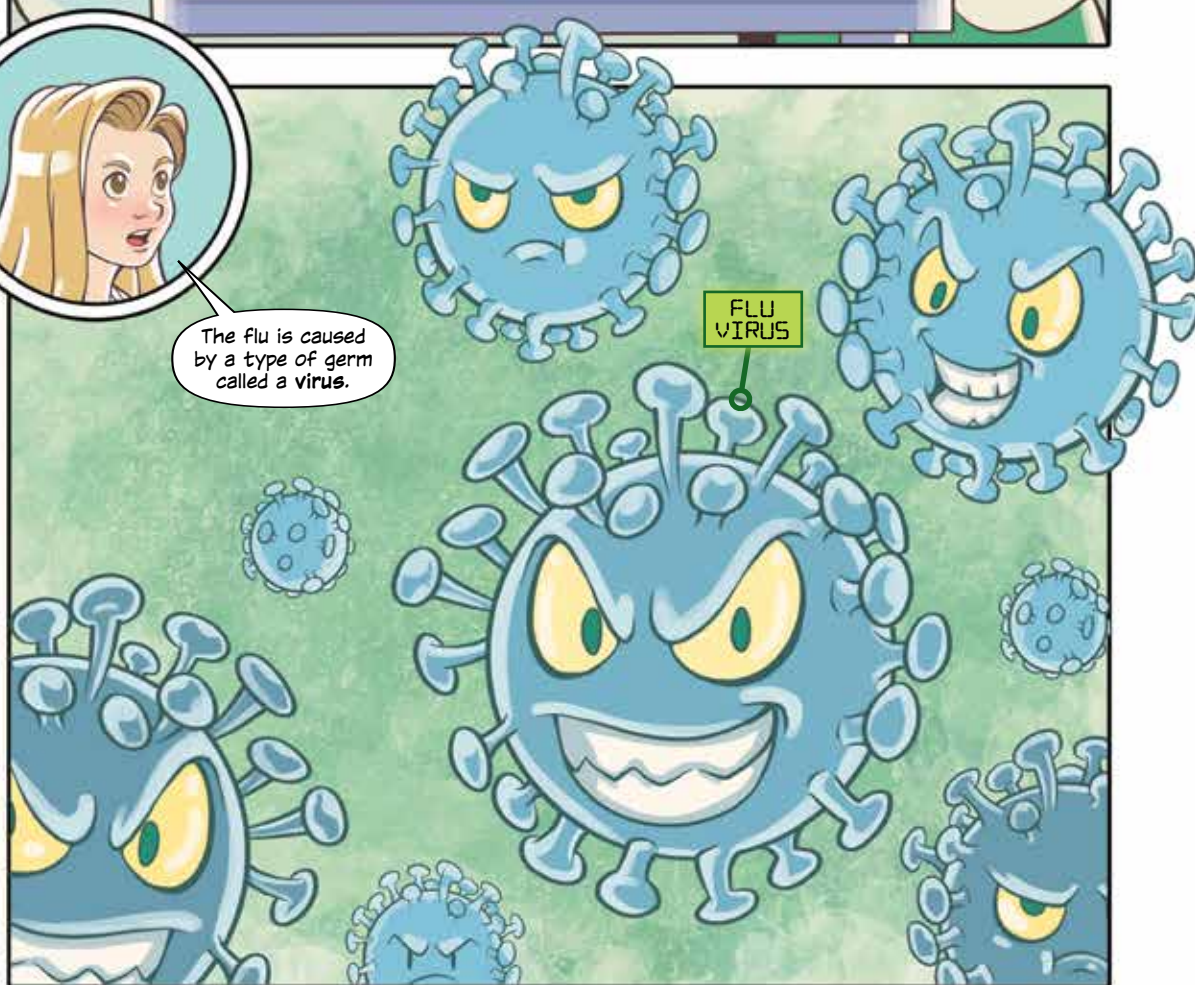
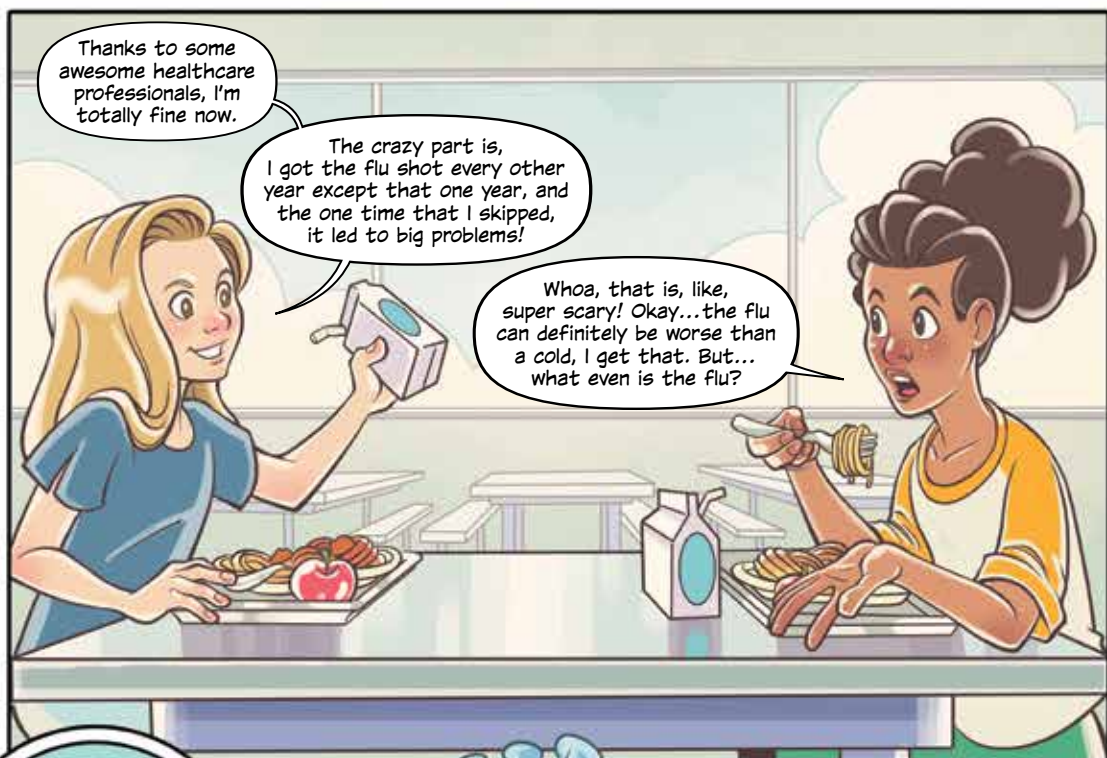
Sharing my story with you is so important to me. I encourage all of you readers to make sure you get your flu shot this year and every year!

Caroline Miller











And look, the flu, the cold, and COVID-19 have some of the same symptoms, but the ones from the flu and COVID-19 can be worse!

When I first got sick, my parents thought it was a typical cold and I would feel better in a day. Then it got worse.

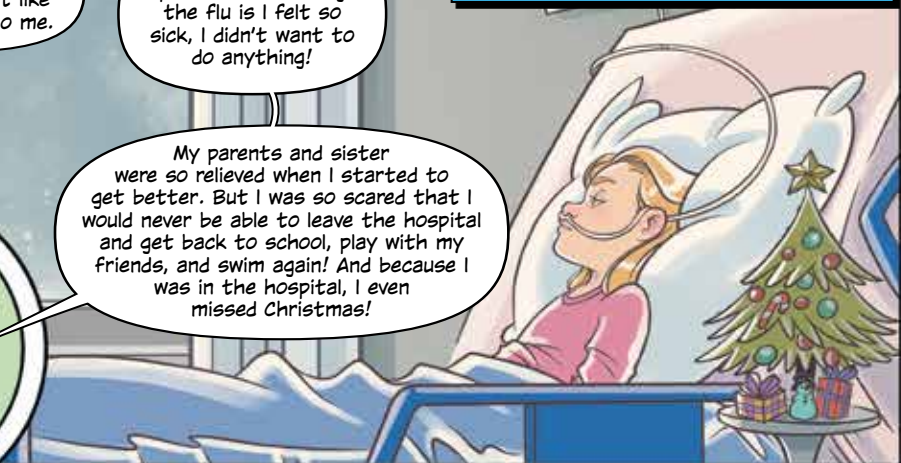
SYMPTOMS		COLD	FLU	*COVID-19
Fever		Uncommon	High Fever Common	High Fever Common
Aches		Very little	Common	Sometimes
Chills		Uncommon	Common	Common
Tiredness, weakness		Sometimes	Common	Common
Sneezing		Common	Sometimes	Uncommon
Cough		Mild to moderate	Common	Common
Stuffy nose		Common	Sometimes	Uncommon
Sore throat		Common	Sometimes	Sometimes
Headache		Uncommon	Sometimes	Sometimes
Difficulty breathing		Uncommon	Uncommon	Sometimes
Loss of taste or smell		Uncommon	Uncommon	Sometimes

*COVID-19 is an infectious disease caused by a newly discovered virus. These are COVID-19 symptoms as of May 2020, per the Centers for Disease Control.

And unlike most colds, the flu can land you in the hospital, just like what happened to me.

One of the worst parts about having the flu is I felt so sick, I didn't want to do anything!

My parents and sister were so relieved when I started to get better. But I was so scared that I would never be able to leave the hospital and get back to school, play with my friends, and swim again! And because I was in the hospital, I even missed Christmas!





So, how do people get the flu?

Well, you can catch the flu from someone who is sick and coughs, sneezes, or even just talks near you.

You can also get it if you touch something that someone with the flu recently touched, coughed, or sneezed on, and then you touch your face.



COUGHING

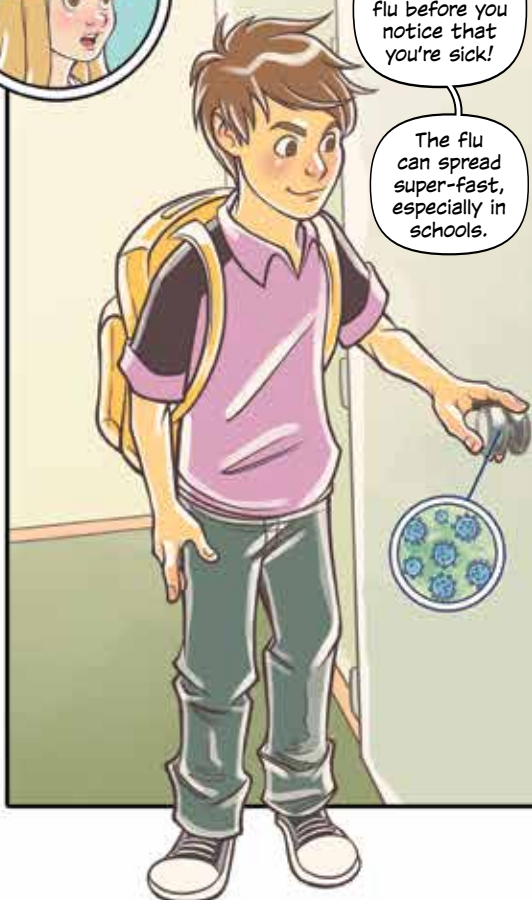
SNEEZING

TALKING



You can even spread the flu before you notice that you're sick!

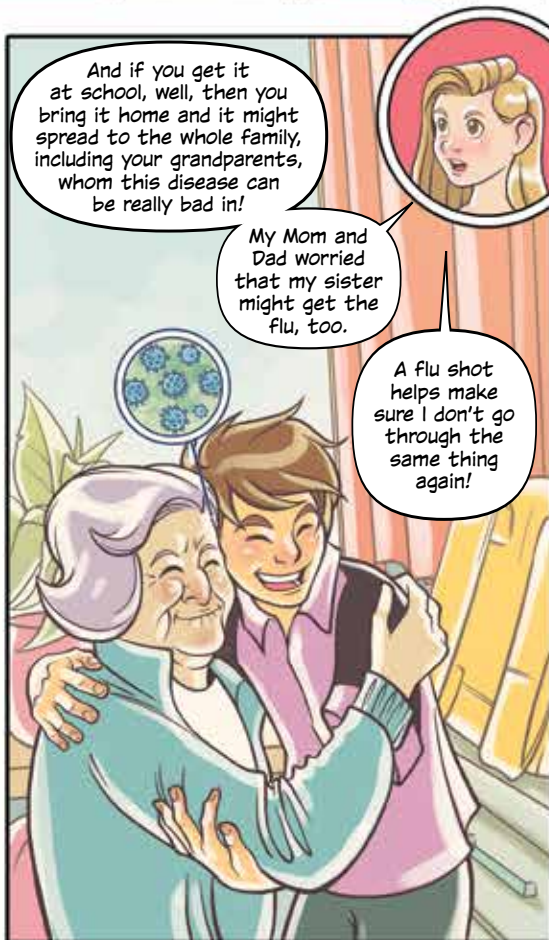
The flu can spread super-fast, especially in schools.

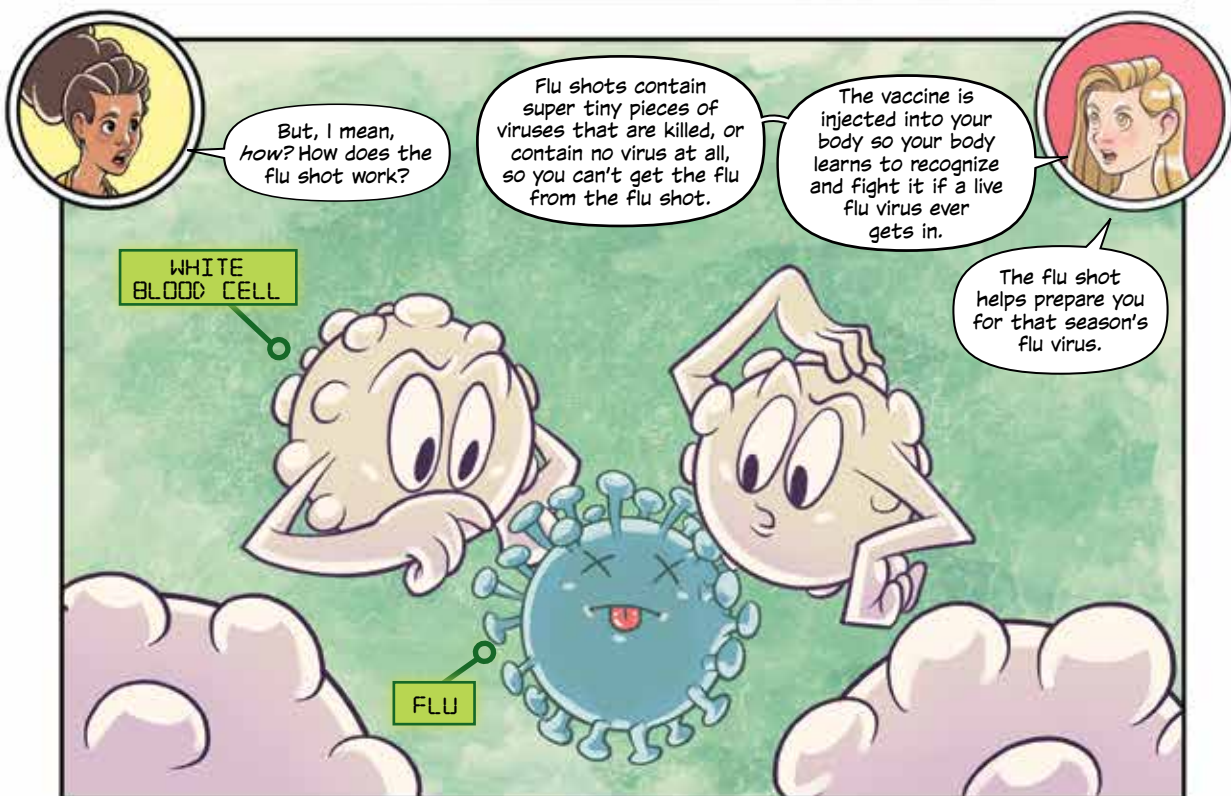
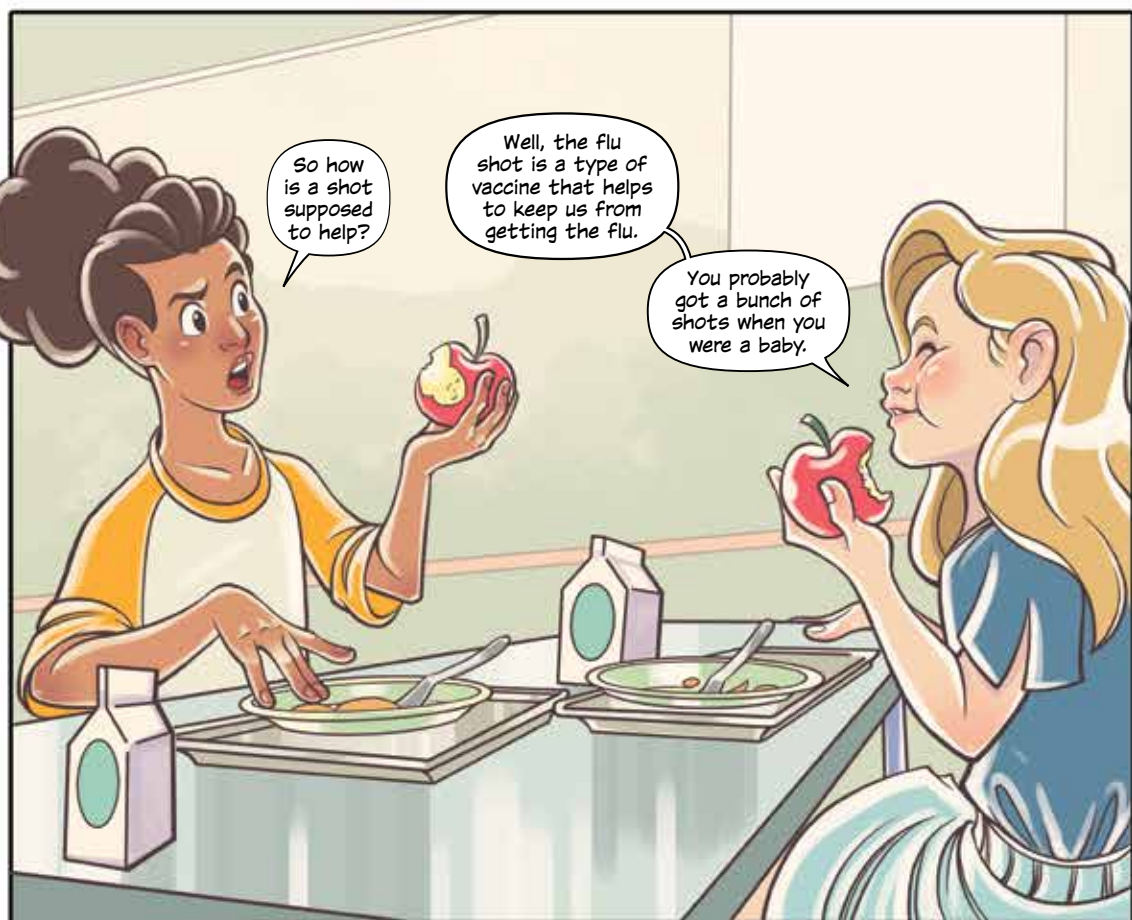


And if you get it at school, well, then you bring it home and it might spread to the whole family, including your grandparents, whom this disease can be really bad in!

My Mom and Dad worried that my sister might get the flu, too.

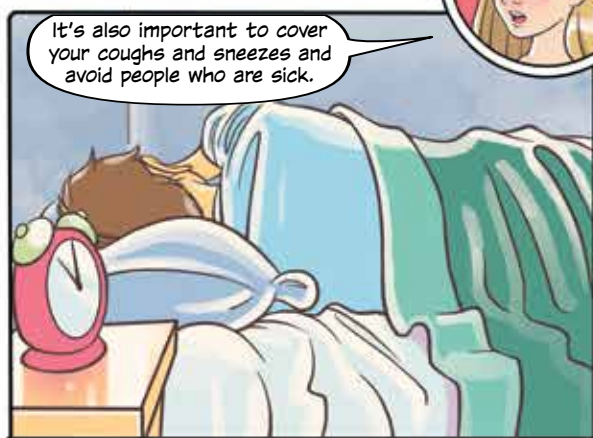
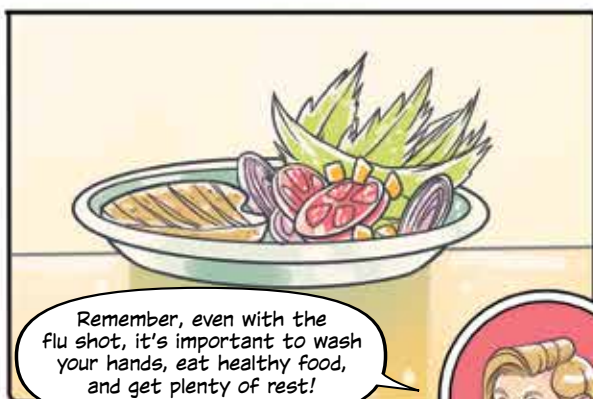
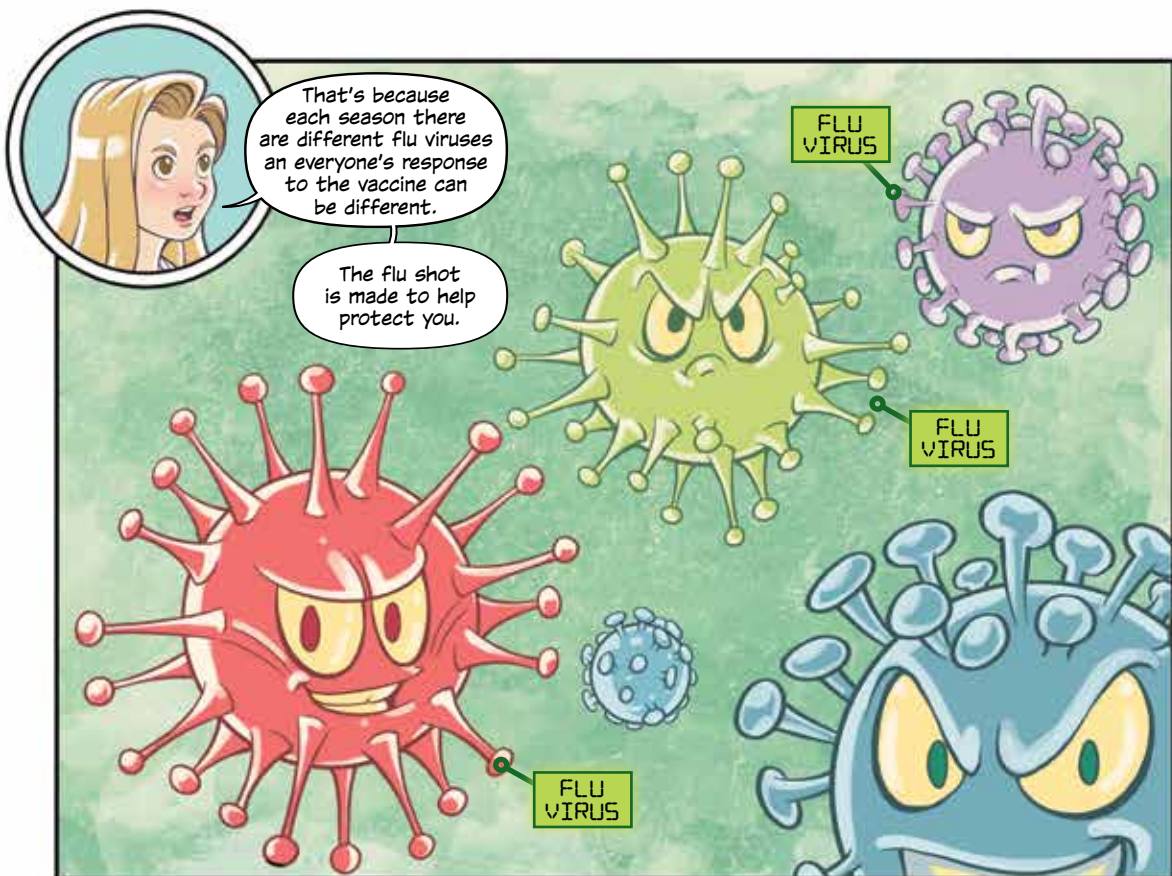
A flu shot helps make sure I don't go through the same thing again!

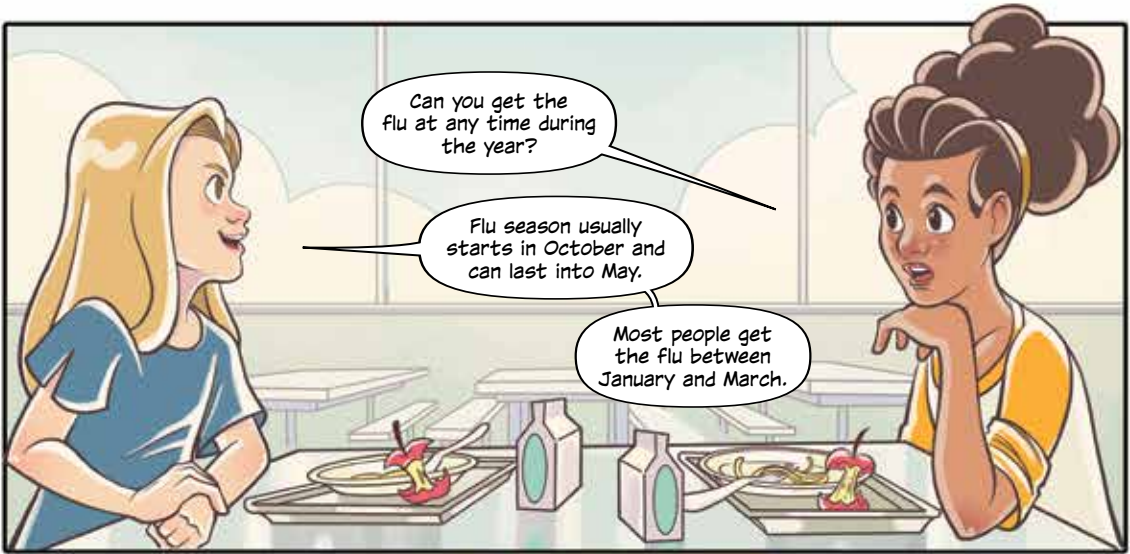






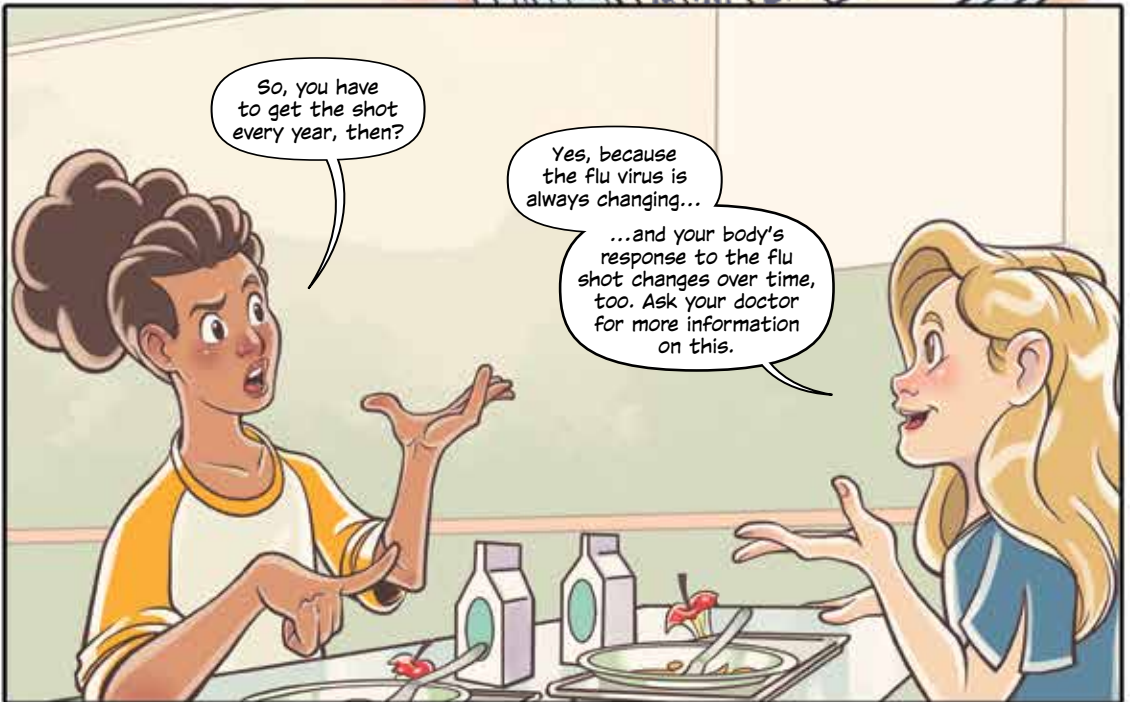






The best time to get the flu shot is in the fall. But even if you don't get it then, you should get it as soon as you can after that.

It takes about 2 weeks for the flu shot to help train your body how to fight the flu.







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