



Musical Colds

Note to instructor: Write these facts on a large beach ball with fine-point permanent markers. If necessary, you can find more facts at KidsHealth.org/kid/centers/flu_center.html.

A cold is a nose, ears, and throat infection

A rhinovirus is a type of cold virus

Your immune system protects you from colds

Sneezing and coughing spread colds through mucus droplets in the air

Cold germs stick to the inside of your nose

Runny noses and sneezing keep colds from getting farther into your body

A sneeze shoots out at more than 100 miles per hour

Washing your hands helps prevent spreading germs

Coughing and sneezing into your elbow helps prevent spreading germs

Signs of a cold: sneezing, coughing, being tired, runny or stuffy nose

Warm drinks can help soothe sore throats

Cold or frozen foods such as ice cream or Popsicles can help soothe sore throats

Steamy showers help stuffy noses

Eating right and resting help you feel better

