



RESPIRATORY ILLNESSES

ACTIVITY BOOK

INTENDED FOR GRADE LEVELS 3-5

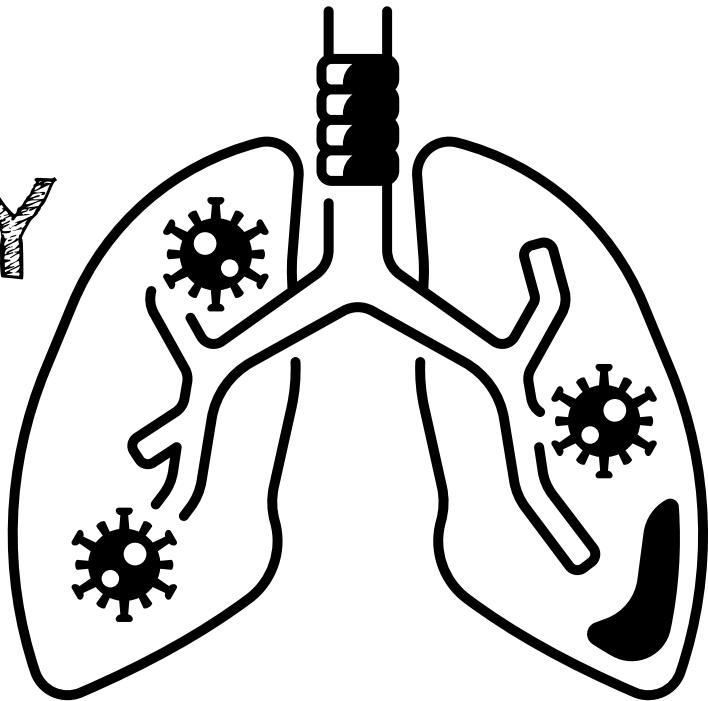


WHAT ARE RESPIRATORY ILLNESSES?

The **respiratory system** is the part of your body that helps you breathe.

The respiratory system includes:

- NOSE
- THROAT
- WINDPIPE
- MOUTH
- VOICE BOX
- LUNGS



You breathe in air that is full of oxygen and breathe out carbon dioxide.

Breathing makes an easy way for germs to get into your body. Germs are made up of common viruses and bacteria that can cause illness.

WORDS TO KNOW

ILLNESS - a feeling of poor health; feeling sick

DISEASE - an unhealthy state where something bad happens to the body or mind.

ORGANISM - any living thing like people, plants, animals, and bacteria.

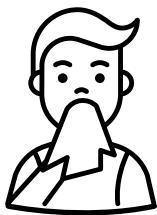
VIRUS - a microscopic (teeny tiny) particle that can infect living organisms and cause disease.

BACTERIA - very small organisms. They can only be seen through a microscope. They can be good or bad.

SYMPTOM - something a person feels or notices. For example, pain and feeling sick are symptoms.

CAN WE NAME SOME DISEASES?

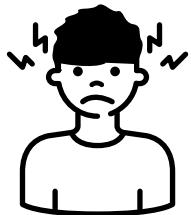
Symptoms of respiratory illnesses can include:



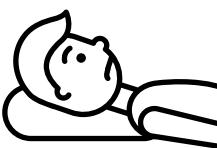
Runny or
Stuffy Nose



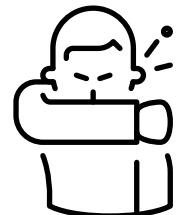
Fever/Chills



Headache



Fatigue/
Body Aches



Cough or
Sneeze



Sore
Throat

Sometimes symptoms are so similar it is hard to determine what has got you feeling unwell.

Some common respiratory illnesses and diseases include:



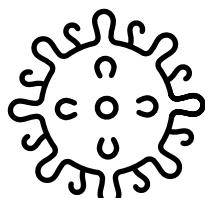
Common Cold - an easily spread infectious disease of the upper respiratory system. It hurts mostly the nose and throat.



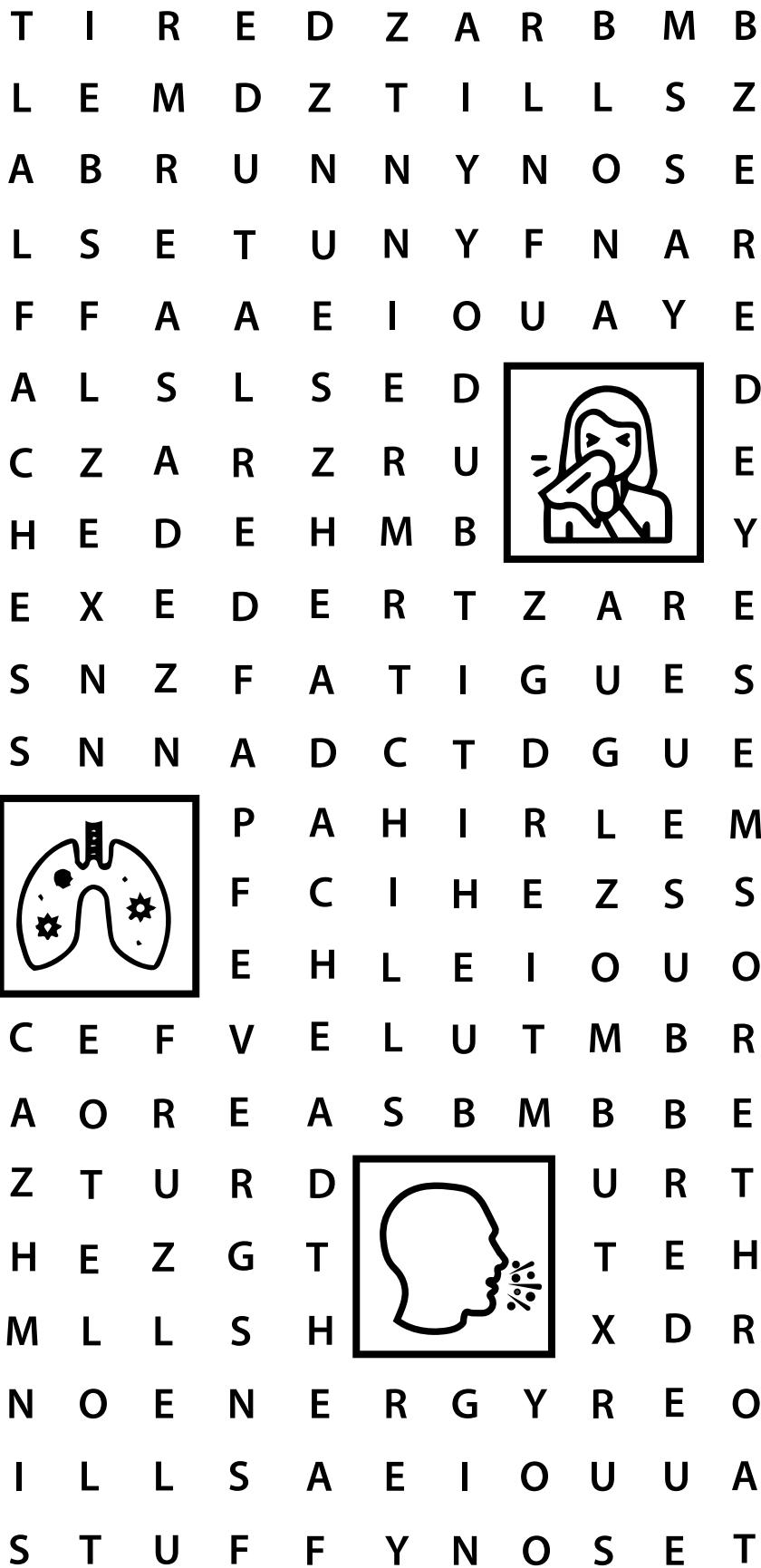
Influenza - also known as the flu, is a common childhood illness. It is caused by several different viruses which is why people can have the flu more than once. Sometimes people refer to a short stomach illness as a stomach flu. These are not the same thing.



COVID-19 - a specific coronavirus that caused the pandemic in 2020. Symptoms range from cold like symptoms to more serious health issues.



SYMPTOMS OF RESPIRATORY ILLNESSES



SYMPTOMS

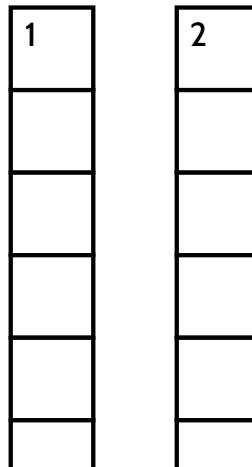
OF RESPIRATORY ILLNESSES

Use the clues to find all the words.

The number of the clue matches up to the number in the boxes.

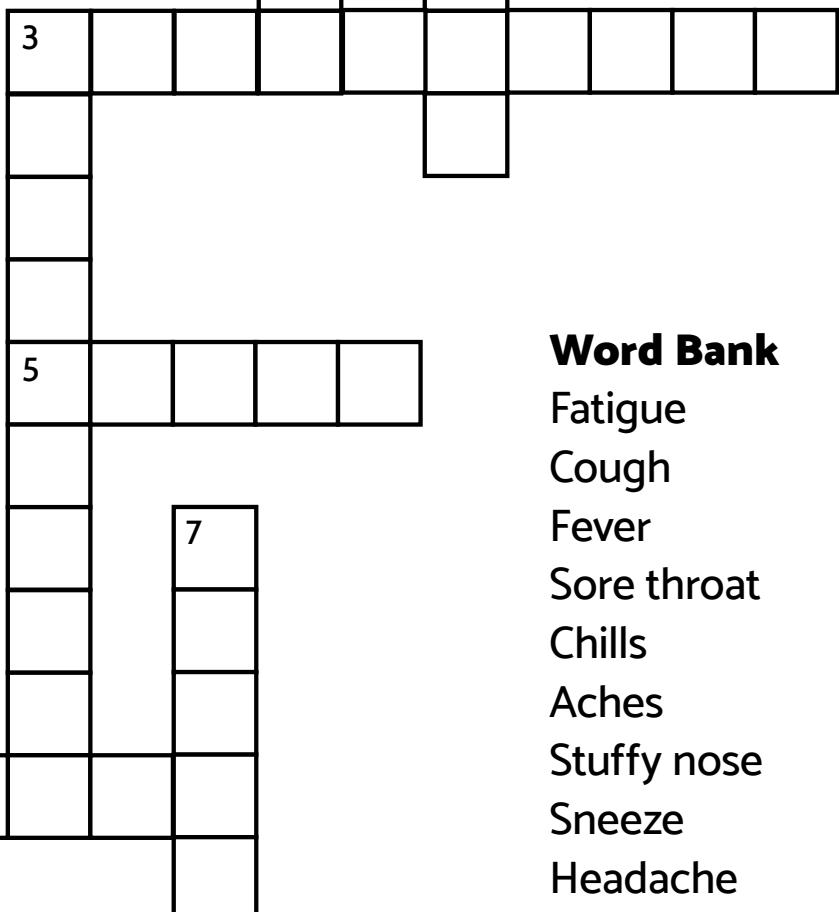
ACROSS

3. When your throat hurts from coughing you have a _____.
5. My head is warm and my temperature is high, I have a _____.
6. Cover your _____ with a tissue or your elbow to slow the spread of your germs.
8. A _____ can be sudden and messy if you don't have a tissue.



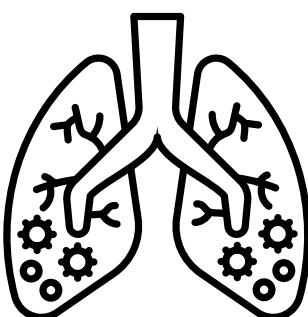
DOWN

1. _____ is feeling really tired for a long time.
2. A _____ is a pain in the head.
3. A _____ can make it hard to breathe.
4. Goosebumps and shivers are also known as having _____.
7. _____ are dull lasting pains in your muscles.



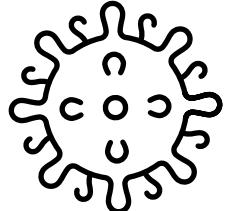
Word Bank

- Fatigue
- Cough
- Fever
- Sore throat
- Chills
- Aches
- Stuffy nose
- Sneeze
- Headache



SYMPTOMS OF RESPIRATORY ILLNESSES

Unscramble the words to find out what common symptoms of respiratory illnesses are.



DERIT

CASHE

TIFAUGE

ROSE ROTTHA

GHOCU

FUSYTF SONE

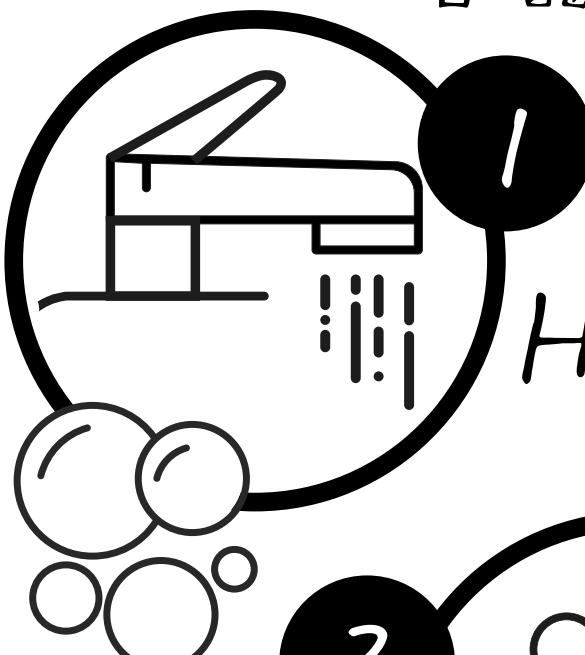
VREEF

ZEEESN

LICHL

ADEECHAH

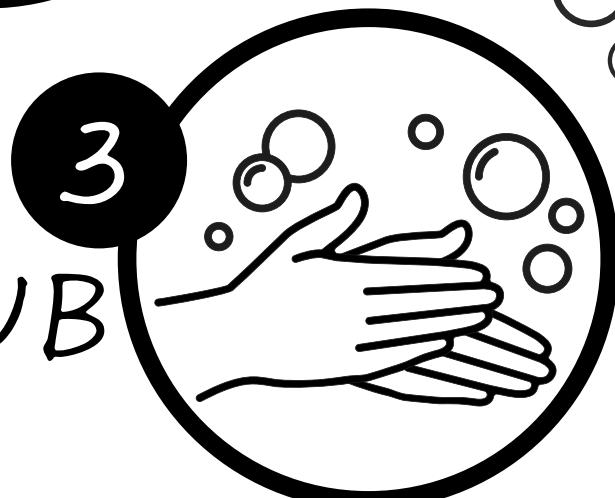
5 STEPS TO WASH YOUR HANDS!



1 WET
HANDS



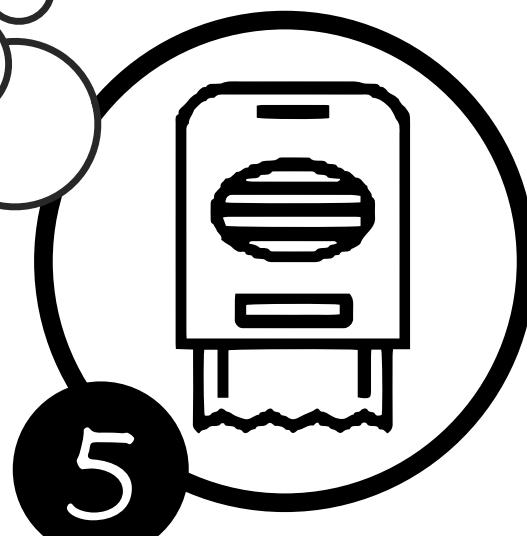
2 GET
SOAP



SCRUB

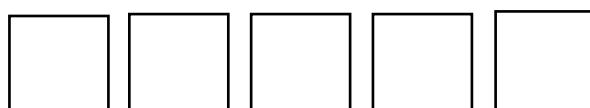
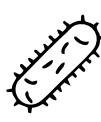
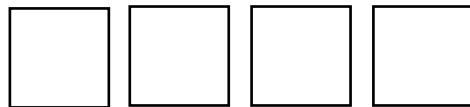
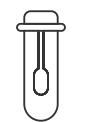
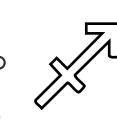
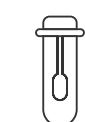
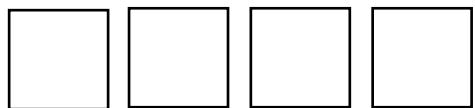
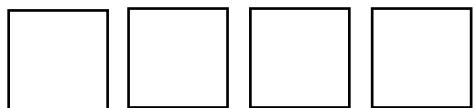


4 RINSE



5 DRY

CAN YOU
**FIGURE OUT
 THE PHRASE?**



KEY:

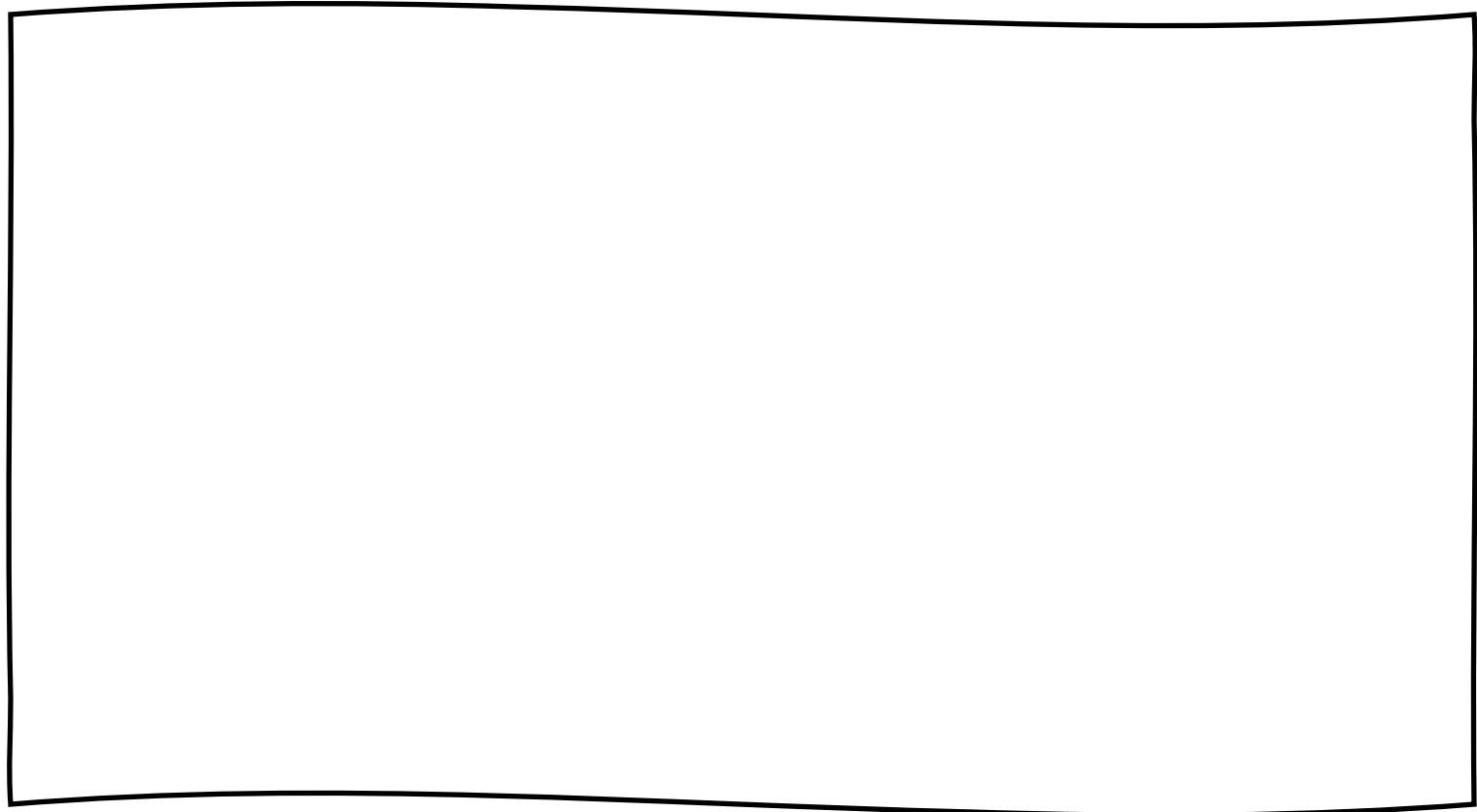
A	B	C	D	E	F	G	H	I	J	K	L	M
												
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

USE THE CODE TO **MAKE YOUR OWN SECRET MESSAGE** ON THE NEXT PAGE!



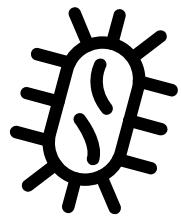
CREATE
YOUR OWN

SECRET MESSAGE!

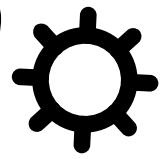


KEY:

A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z



WHAT ARE GERMS?



There are four types of germs.

BACTERIA FUNGI VIRUSES PROTOZOA

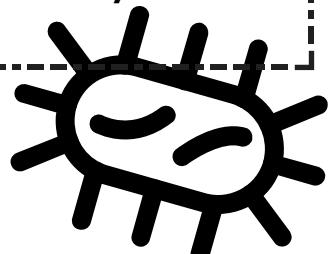
Not all germs are bad.

They are sometimes hurtful and sometimes helpful!

- ☀ There are good bacteria that live inside your intestines and help you digest.
- ☀ Other good bacteria are used to make medicines that fight sicknesses.

There are bad germs all around you and it's impossible to get rid of them all. Germs can be in the air you breathe, on the food you eat, and on the toys you play with. If you keep yourself and the things around you as clean as you can, it will keep most bad germs away.

DID YOU KNOW?



- A single germ can live for up to 3 hours on the outside of your hand.
- A single germ can turn into over 8 million germs in one day.
- The droplets that come out of your nose when you sneeze travel 100 miles per hour and can stay in the air for 10 minutes.

RESPIRATORY ILLNESSES AND CAUSES

Word Bank

Find all the words! Words can go vertical
(up and down), horizontal (side to side) or diagonal.

RESPIRATORY

COVID

GERMS

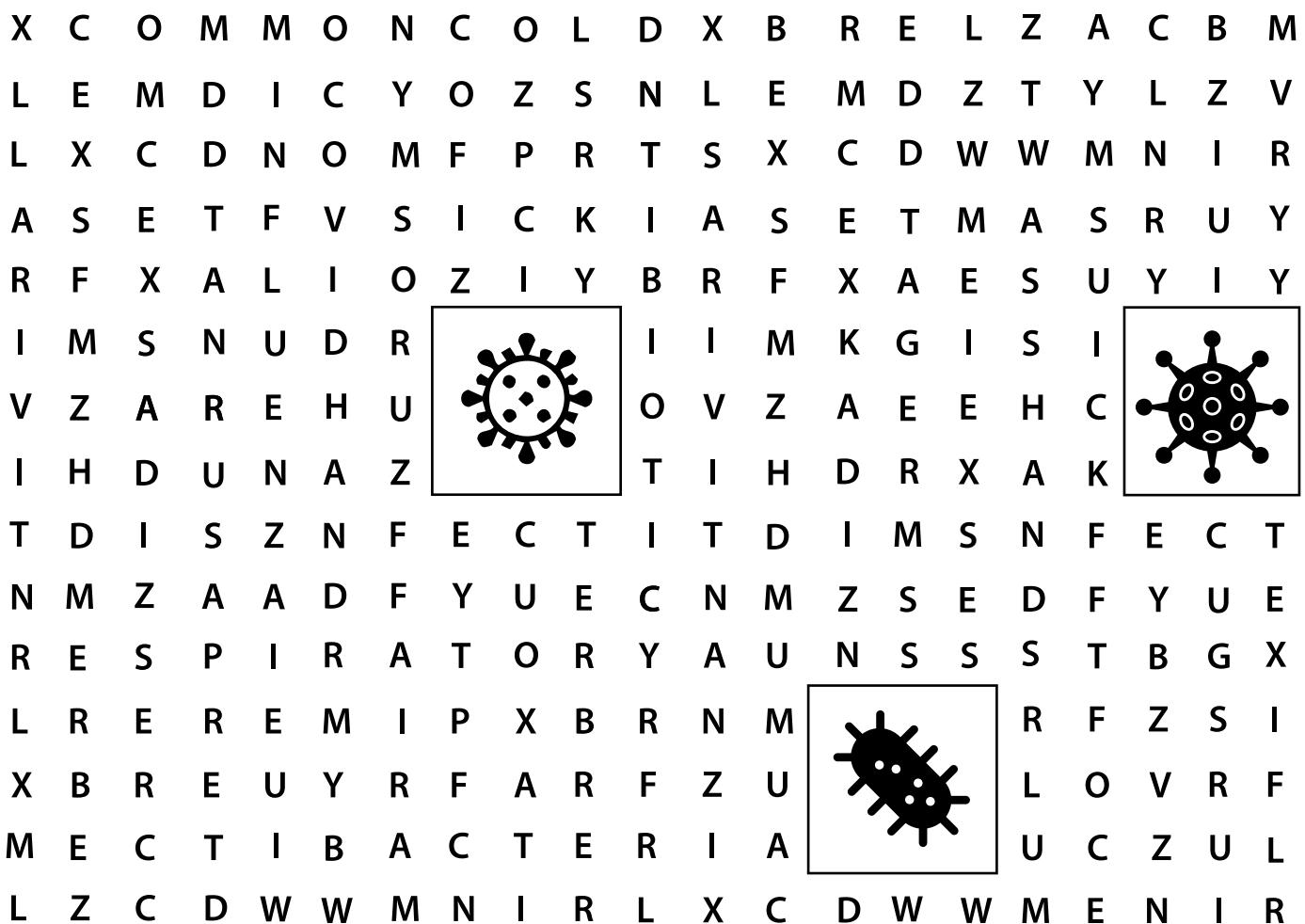
BACTERIA

INFLUENZA

VIRUS

SICK

COMMON COLD

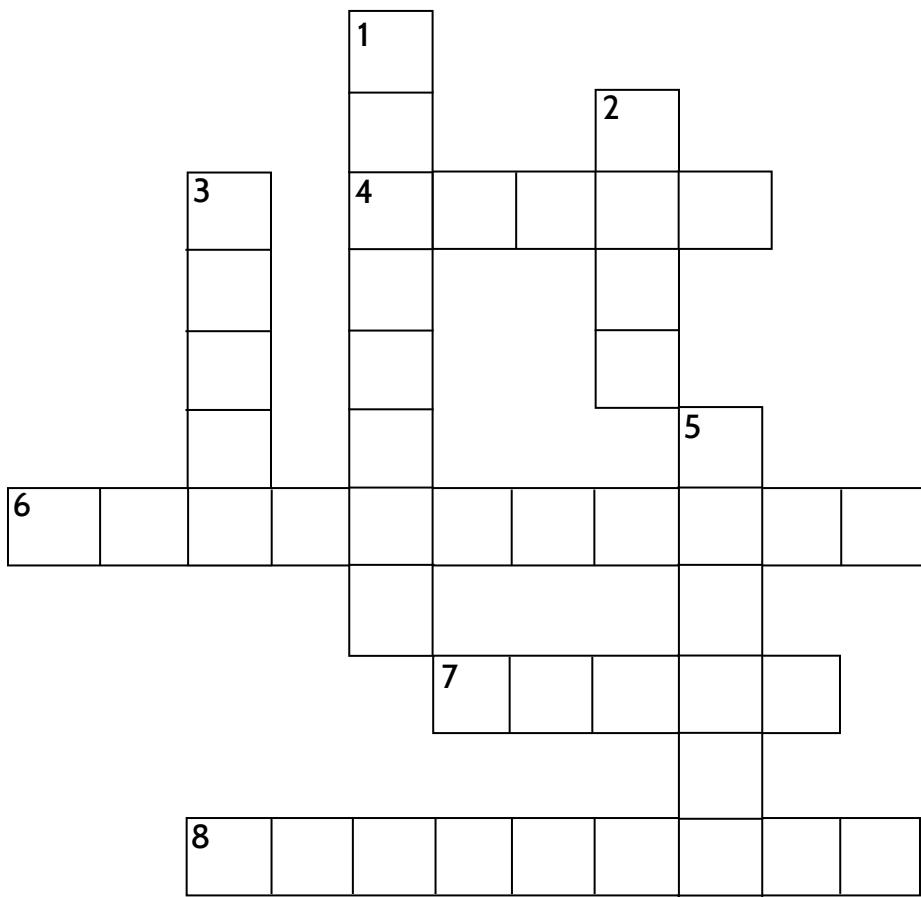
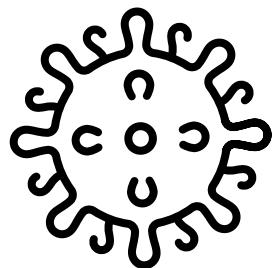


RESPIRATORY

ILLNESSES AND CAUSES

Word Bank

Respiratory
Influenza
COVID
Virus
Germs
Bacteria
Common Cold
Sick

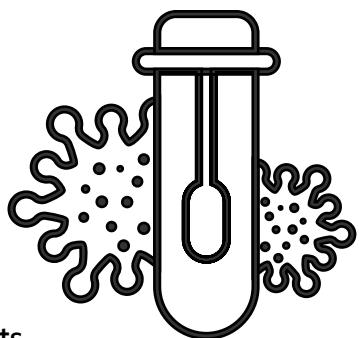


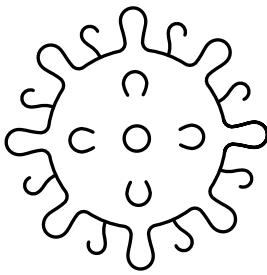
ACROSS

4. Nickname for the coronavirus that caused a pandemic in 2020.
6. The _____ system helps you breathe.
7. Bacteria and viruses are types of these.
8. A common illness caused by several different viruses that is sometimes confused with a stomach illness.

DOWN

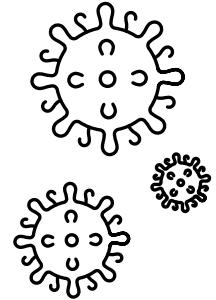
1. A type of germ that can be useful to people, but some are harmful because they can cause disease.
2. Not feeling well.
3. Microscopic (teeny tiny) particle that causes disease in humans, animals, and plants.
5. A common sickness that causes sneezing, sore throat, coughing, and a stuffy nose.





RESPIRATORY

ILLNESSES AND CAUSES



Unscramble the words to find out what common symptoms of respiratory illnesses are.

KICS

TACEBIRA

ANZLFNEUI

DICOV

ISVUR

MONOCM LOCD

MERGS

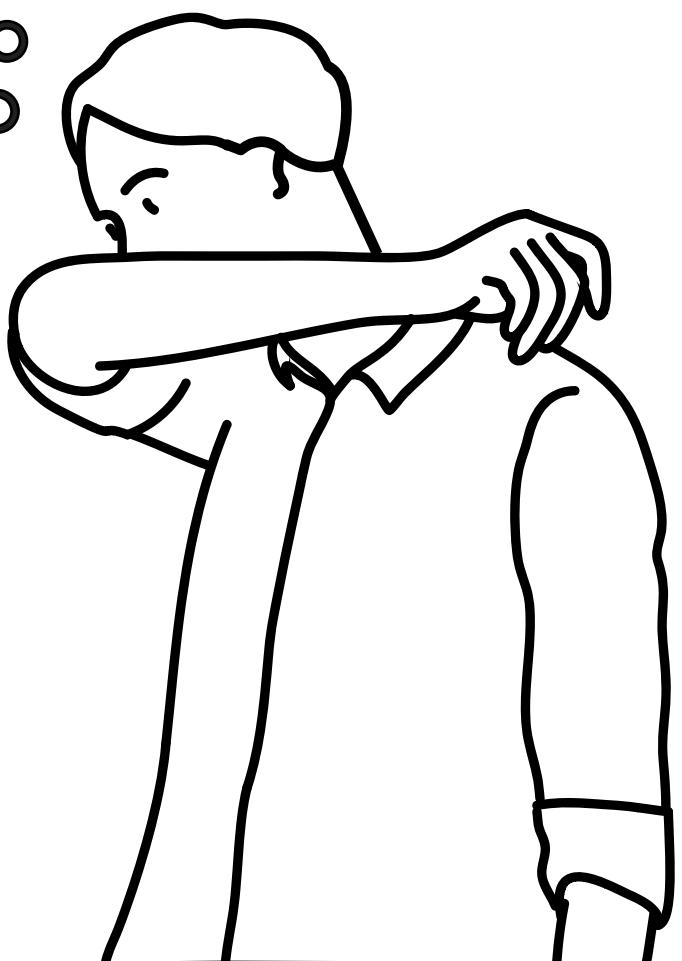
REYSOPRIATR

FIND THE GERMS!



COVER YOUR COUGH!

SLOW DOWN THE
SPREAD OF GERMS!



PREVENTION METHODS

There are many ways to prevent or stop the spread of respiratory diseases.



VACCINATE

Some diseases are prevented or made less likely to happen when you get a vaccine. A vaccine, also known as a shot, is filled with material to help you get immunity to a specific disease.



WASH HANDS

Wash your hands well and often.



MASK

Wear a mask if you are around a lot of people or in a public space.



SANITIZE

Use sanitizer or wipes on your hands if you cannot wash them with soap and water.



DISINFECT

Disinfect, or clean, areas that you use a lot like desks, tables, and doorknobs.

YOU'RE SICK, NOW WHAT?



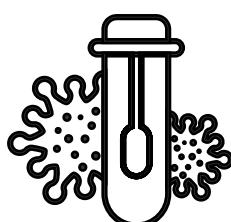
TALK WITH A DOCTOR

If you feel unwell, see a doctor for help. Describe your symptoms and how you're feeling so they can get you the treatment you need.



STAY HOME

Aside from taking time to see a doctor, stay home. It is important for your body to rest and for you to keep some distance, or space, between yourself and others.



GET TESTED

You can test for some diseases at home or with a doctor. If you feel unwell and you think you may have something specific, take a test.



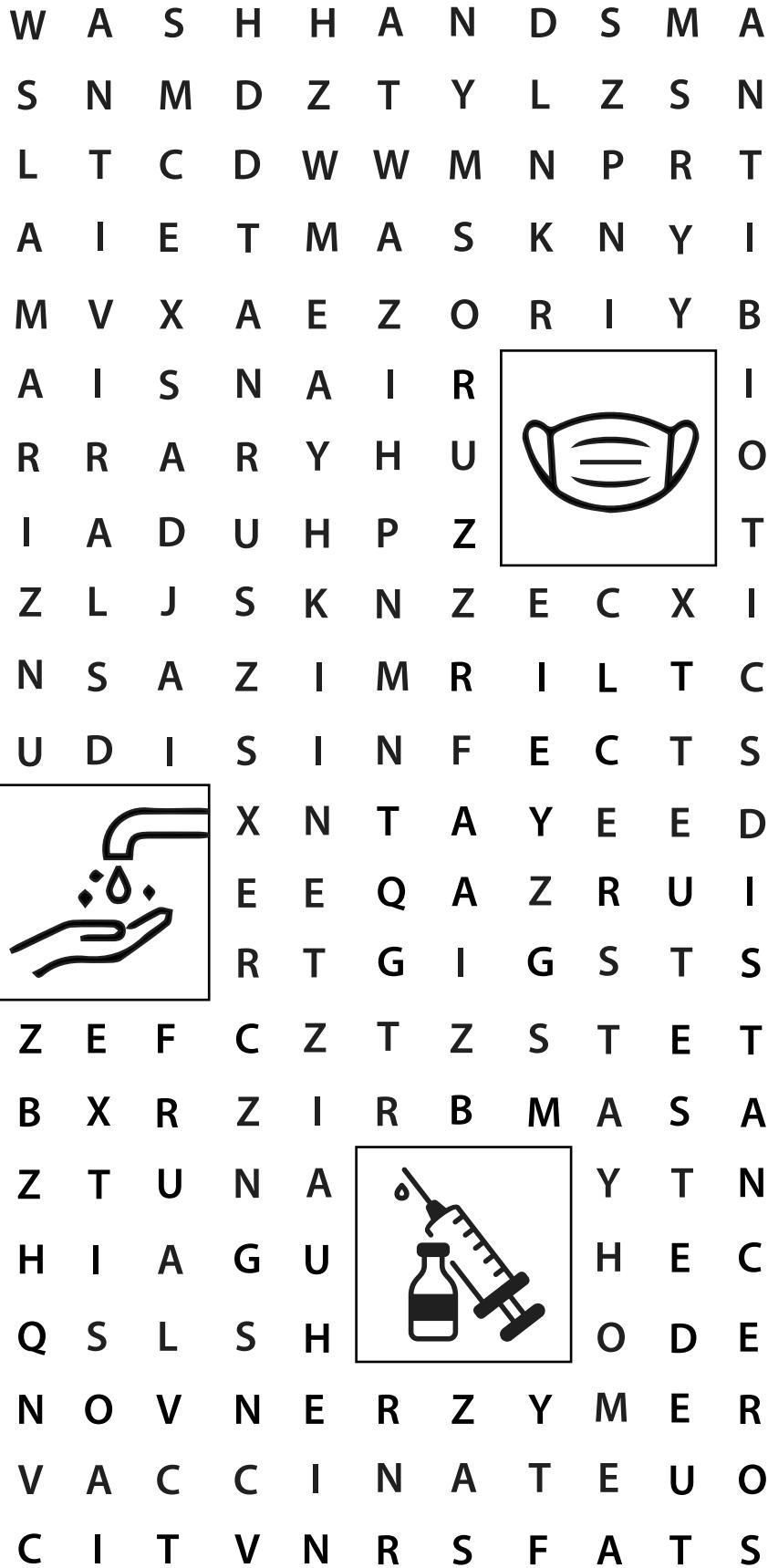
TREATMENT

Not every illness has a vaccine. Sometimes there are medicines called antibiotics and antivirals to help speed up the healing process by attacking the germs that cause the illness. You get these medicines from a pharmacy.



There are some medicines you can get at a store to help you deal with certain symptoms until your body gets better. Finally when your body is healing it needs lots of fluids (like water, not soda!) and lots of rest.

HOW TO PREVENT **GETTING SICK**



Word Bank

Find all the words!
Words can go vertical
(up and down),
horizontal (side to
side) or diagonal.

Disinfect
Wash hands
Mask
Sanitize
Test
Stay home
Distance
Vaccinate
Antibiotics
Antivirals

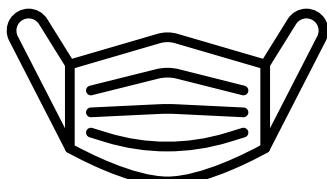
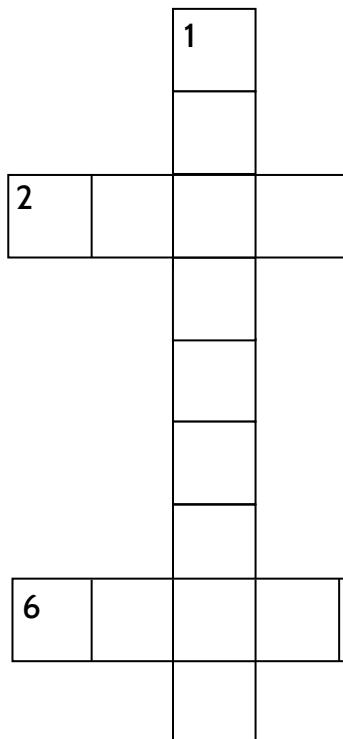
HOW TO PREVENT GETTING SICK

Use the clues to find all the words.

The number of the clue matches up to the number in the boxes.

Word Bank

Disinfect
Wash hands
Mask
Sanitizer
Test
Stay home
Distance
Vaccinate

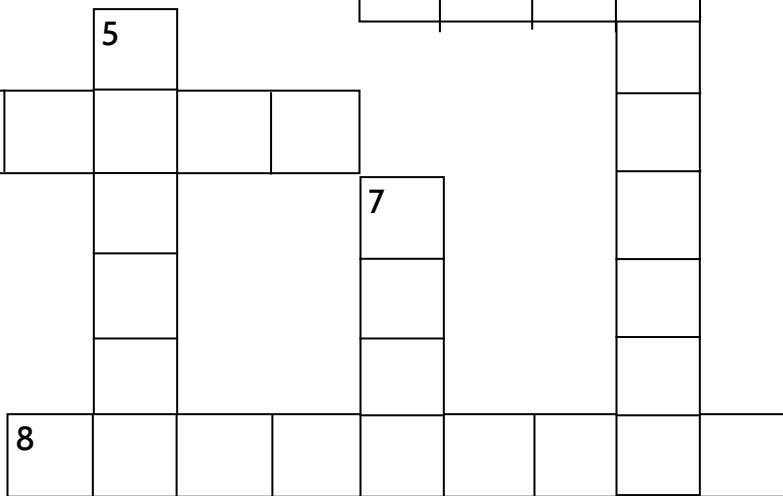


ACROSS

2. A cover or partial cover for your face is a _____.
4. Visit a doctor and take a _____ to determine what you are sick with.
6. Finish the rhyme: Don't hesitate, _____!
8. Use hand _____ or wipes if you cannot wash your hands.

DOWN

1. _____ surfaces like tables and desks to reduce germs.
3. If you are sick, _____ and rest.
5. _____ with soap and water often!
7. Keep some _____ or space, between you and others to slow the spread of germs.



HOW TO PREVENT GETTING SICK

Unscramble the words to find out ways to prevent or stop the spread of respiratory illnesses.

INDIFSTCE

STET

HAWS DANSH

YAST MOHE

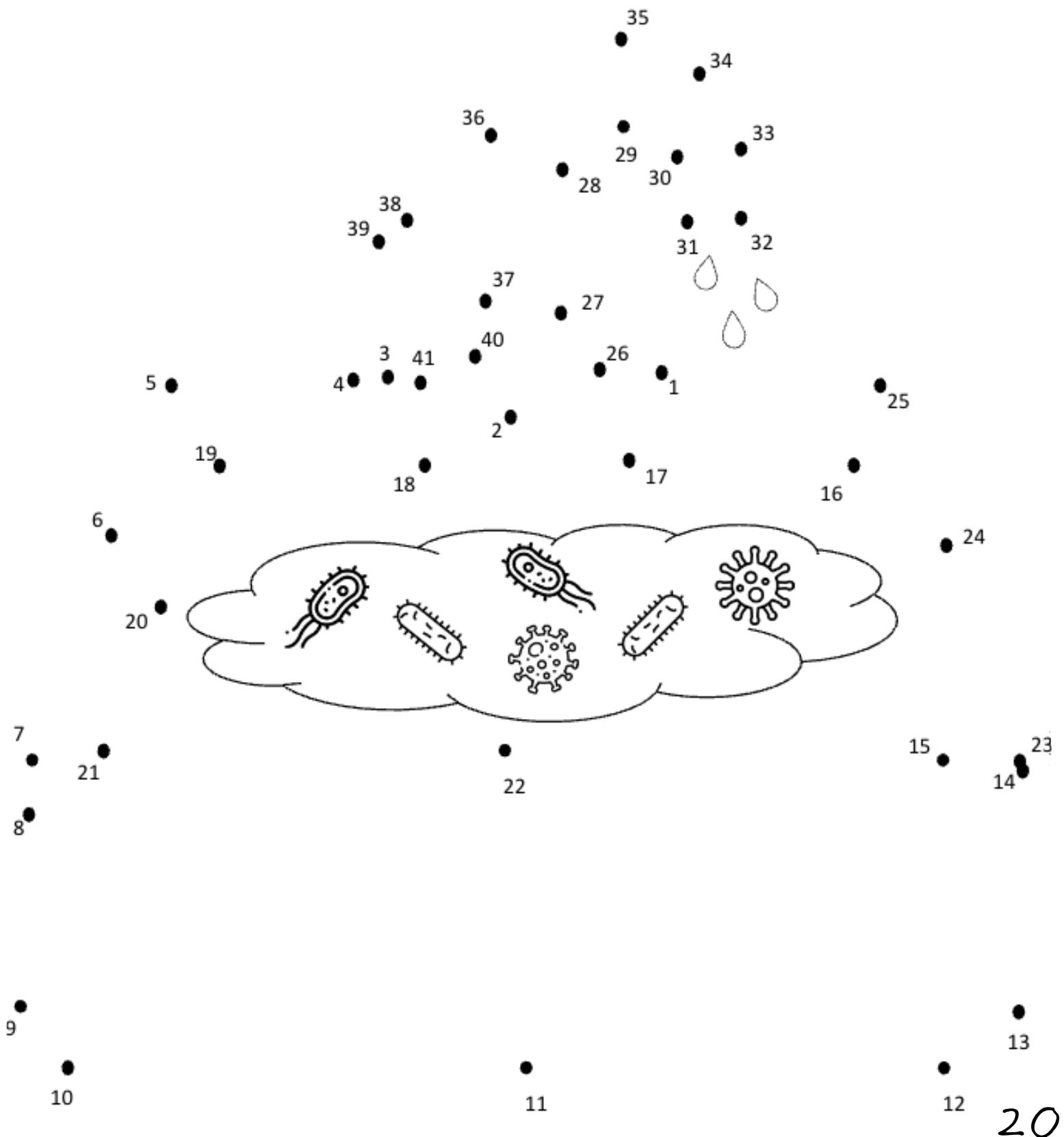
SKAM

STENCIDA

IZENSAIT

CAVIENCAT

CONNECT THE DOTS!

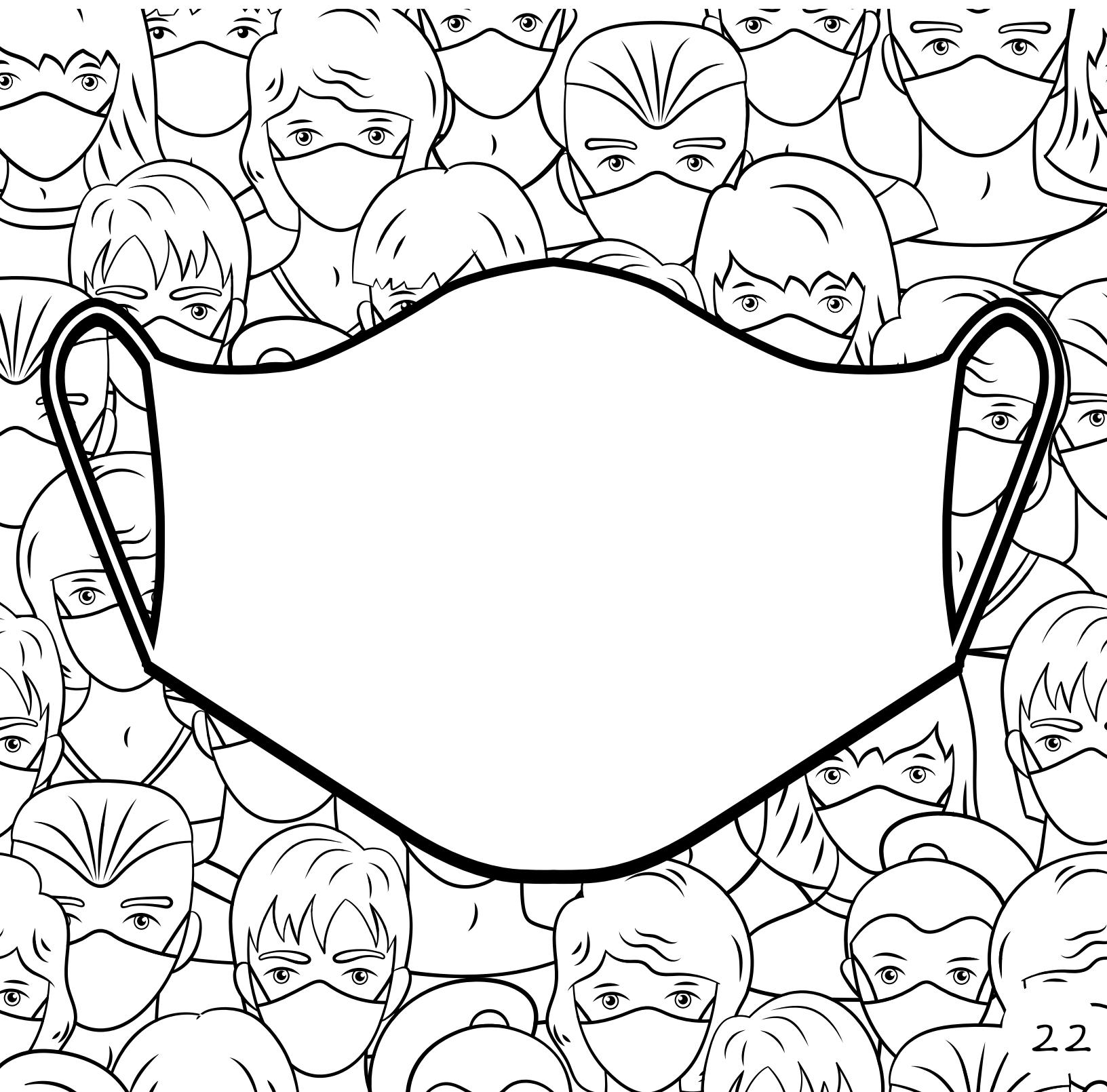


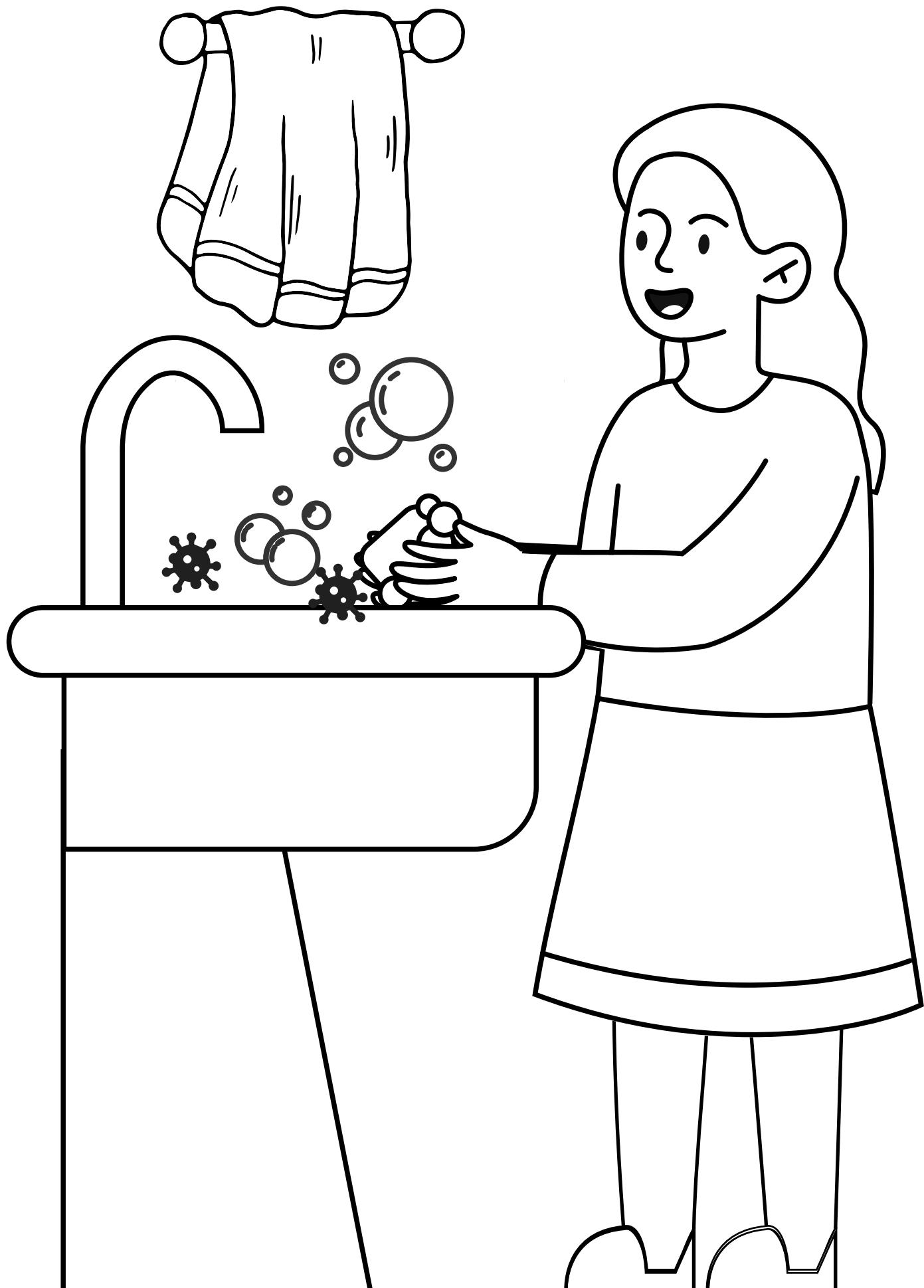
WASH YOUR HANDS!



DECORATE

YOUR OWN MASK!





ANSWER KEYS

SYMPTOMS OF RESPIRATORY ILLNESSES

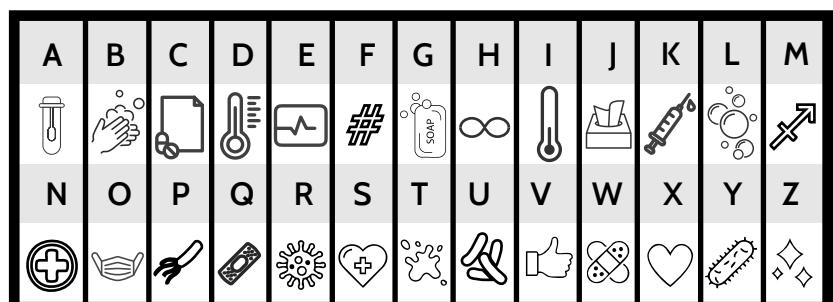
WORD SEARCH

T | R | E | D

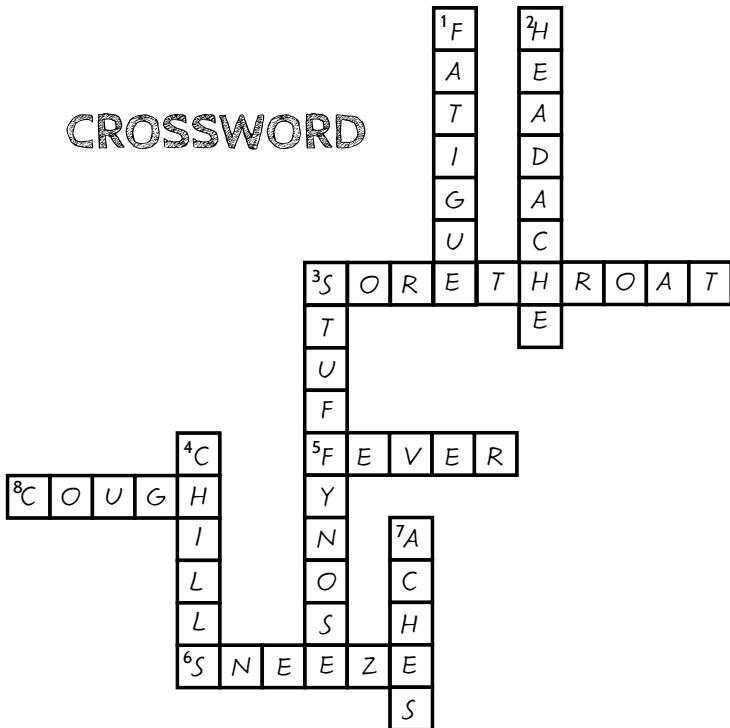
CAN YOU FIGURE OUT THE PHRASE?



KEY:



CROSSWORD



UNSCRAMBLE

**TIRED
FATIGUE
COUGH
FEVER
CHILLS
ACHES
SORE THROAT
STUFFY NOSE
SNEEZE
HEADACHE**

ANSWER KEYS

RESPIRATORY ILLNESSES AND CAUSES

WORD SEARCH

C O M M O N C O L D

I	C				
N	O				
F	V	S	I	C	K
L	I				
U	D				
E					
N					
Z					
A					

R E S P I R A T O R Y

V

I

R

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E

R

M

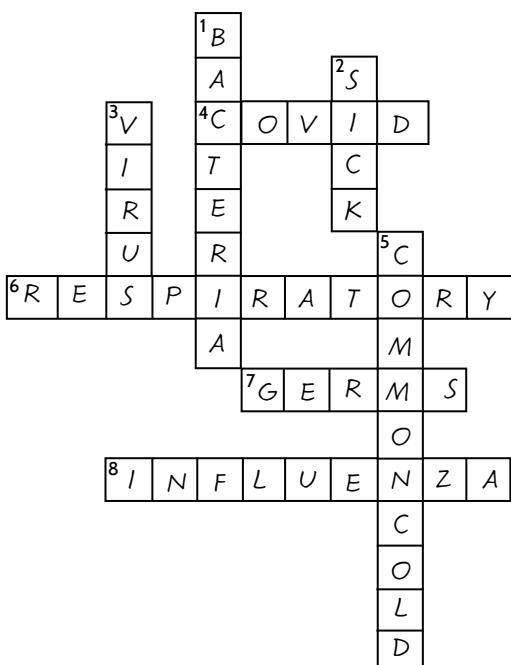
S

UNSCRAMBLE

SICK
INFLUENZA
VIRUS
GERMS
BACTERIA
COVID
COMMON COLD
RESPIRATORY

BACTERIA

CROSSWORD



FIND THE GERMS

TOTAL GERMS: 12



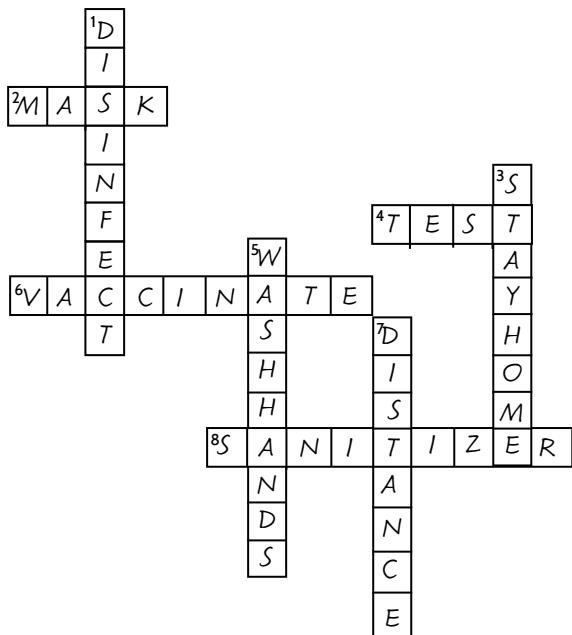
ANSWER KEYS

PREVENTION METHODS

WORD SEARCH

W	A	S	H	H	A	N	D	S	A
N						N			
T						T			
I		M	A	S	K	I			
V						B			
I						I			
R						O			
A						T			
L						I			
S						C			
D	I	S	I	N	F	E	C	T	S
						E	D		
			Z			I			
	I		S	T	S				
T			T	E	T				
I			A	S	A				
N			Y	T	N				
A			H	C					
S			O	E					
			M						
V	A	C	C	I	N	A	T	E	
C	I	T	V	N	R	S	F	A	

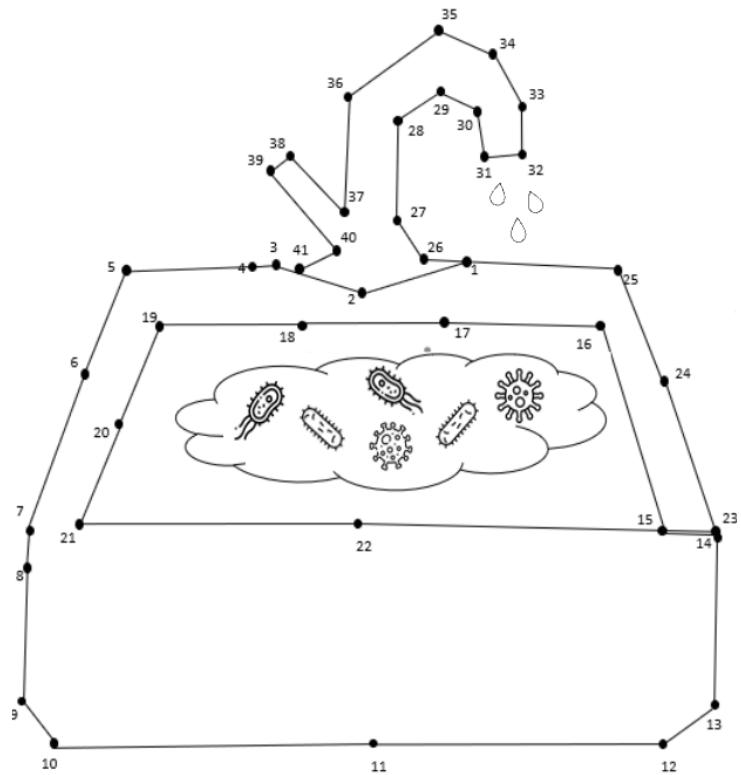
CROSSWORD



UNSCRAMBLE

DISINFECT
WASH HANDS
MASK
SANITIZE
TEST
STAY HOME
DISTANCE
VACCINATE
ANTIVIRALS

CONNECT THE DOTS





Produced by Maine Center for Disease Control and Prevention

