DOCTOR LIVEWELL

YOU VERSUS THE FLU: THE POWER OF VACCINES!

Dr. Livewell, what's the flu?

Flu stands for influenza. It is a type of germ.

Great question!

Why is everybody talking about it?

The flu is very common and makes some people very sick.

Each year millions of people get the flu and some people get so sick, they have to go to the hospital.

Cheese and crackers! That's awful!

Can we make it go away?

One important thing we can do is super simple...

Wash your hands and cover your nose and mouth when you cough, like this!

There are many things we can do to prevent getting or spreading the flu.

Simple! And smart!
Another important thing we can do is get vaccinated. Vaccines are a way to help your immune system fight germs like the flu. Immune system—are you making up words?

Your immune system is your body’s defenses. It helps find and defeat germs that try to make us sick!

That’s cool! But how do vaccines help your body’s defenses?

Hmm... question! Let’s go on a little adventure to see how vaccines work!

Sorry, not snot... onto the S.N.O.T.!

What do you mean?

Gross! No way!

Shortly afterward, outside Dr. Livewell’s laboratory...

...but S.N.O.T., the surveillance nautical omnibus transport! S.N.O.T.! It’s my science ship and can take us anywhere!

You definitely need to work on the name!
INSIDE THE S.M.O.T....

Push that button and we’ll be off to see how vaccines help your immune system fight off infections like the flu!

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Vaccines work by teaching your body who the bad guys are and how to fight them.

WHOOAA!!

Look over there!

When your body gets a vaccine, the cells that help defend your body grab the vaccine.

You mean immune cells!

Exactly!

Once the immune cells get the vaccine, the vaccine teaches the immune cells how to defeat the germs!

So vaccines help protect us from getting the flu, but if we do get the flu, it also protects us from getting super sick.
IT TOTALLY MAKES SENSE!

I KNOW WHAT I NEED TO DO!

WHAT?

I AM GOING TO FIGHT THE FLU BY WASHING MY HANDS AND GETTING VACCINATED!

DECODING THE FLU: INTERESTING FACTS YOU CAN WOW YOUR DOC AND FRIENDS WITH!

• The word influenza is the Italian word for “influence.”

• Hippocrates first reported a flu-like disease in the year 412 B.C.

• Each year, an average of 5% TO 20% OF THE U.S. POPULATION GETS THE FLU... THAT’S MILLIONS UPON MILLIONS OF PEOPLE!

• Flu season is usually between October and May. You should get the flu vaccine at the beginning of flu season.