



Challenge
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Hot Topics

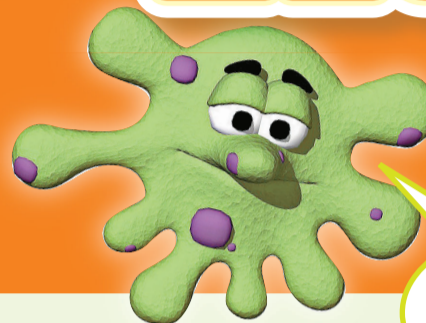
Flu is caused by a virus which **attacks** cells in the body.

Stay healthy, beat the flu



FLU SEASON

SPRING is the peak season for the flu outbreak. How can you prevent flu? Let's learn more.



Children! Watch out!

Flu can kill

IF you have a cold with fever and severe **muscular** pains, especially on the back, you may well have flu. It makes everyone feel terrible, but fortunately most people recover. However, if it is too serious, it can kill. People suffering from flu should not go to school or work.



All primary schools, special schools, nurseries and kindergartens were closed for two weeks last month to control the spread of flu.

Children, healthy habits beat the **virus!**

Preventing flu

HOW to prevent flu from spreading? Spot the correct answers below.



A Wash hands often with soap and water.



B Get flu vaccine.



C Eat plenty of fruits every day for a stronger body.



D Wear a mask when you have cold **symptoms**.



E Keep good **ventilation** indoors.



F Eat more candy for a healthier body.



G Get plenty of sleep.

Answers: A, B, C, D, E, G



Useful link

Influenza Page – Centre for Health Protection
http://www.chp.gov.hk/view_content.asp?lang=en&info_id=590

Vocabulary

attack (v) 侵襲
peak season (n) 高峰期

outbreak (n) 爆發
prevent (v) 預防

muscular (adj) 肌肉的
virus (n) 病毒

symptom (n) 症狀
ventilation (n) 流通空氣