

**Instructions:**

Read the passage given and complete the table with the information in the text.

**The Flu**

The flu is the common name for influenza. The flu is a respiratory sickness. The flu can be mild. The flu can be bad. Sometimes the flu can even cause death. Each year in the U.S., 5% - 20% of people get the flu. Each year in the U.S., up to 60 million people get the flu. Each year in the U.S., about 200,000 people go to the hospital because of the flu. Each year in the U.S., about 36,000 people die from problems related to the flu.

The flu is caused by a virus. A virus is a germ. People can spread the virus. The virus can live in tiny drops of liquid. If you have the virus, you can spread it by coughing. You can get the virus by touching a something that has the virus on it and then touching your eyes, nose, or mouth.

A flu shot can prevent the flu. The nasal flu mist can also prevent the flu. The shot and the nose spray are vaccines. Talk to your doctor about getting a vaccine. You can get information about the flu shot and nasal spray from your local health department.

If you get the flu, you might get a headache. You might have a delirium. You might have a cough and a runny nose. You might have a sore throat. You might feel very tired. Your body might hurt all over. Some people have diarrhea and vomiting.

You can help stop the spread of the flu virus. The Centers for Disease Control remind you to cover your cough. You should cough into a tissue and throw the tissue away. Or you can cough into the inside of your elbow, into your own clothing. The Centers for Disease Control also remind you to clean your hands. You can use hand sanitizer. You should use an alcohol-based hand sanitizer for the best results. You can use soap and water. You should wash your hands with warm water and soap for at least 20 seconds. Studies show that washing your hands for 2 minutes with hot, soapy water is the best way to get the most germs off your hands. Be sure to wash under your fingernails and between your fingers.

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### Critical Reading Skills Worksheet

Name:

Date:

Article Title:

Prediction: (What do you think this story is about?)

Vocabulary:

What does the word "germ" mean?

☐ bug

☐ vaccine

☐ antibody

What does the word "spread" mean?

☐ transmit

☐ conceal

☐ block

What does the word "sanitizer" mean?

☐ contaminator

☐ cleaner

☐ stain

What does the word "delirium" mean?

☐ fever

☐ rhinorrhea

☐ gonorrhea

Main Idea: (Using your own words, explain what this article is about)

Reflection: (How did reading this reading make you feel?)