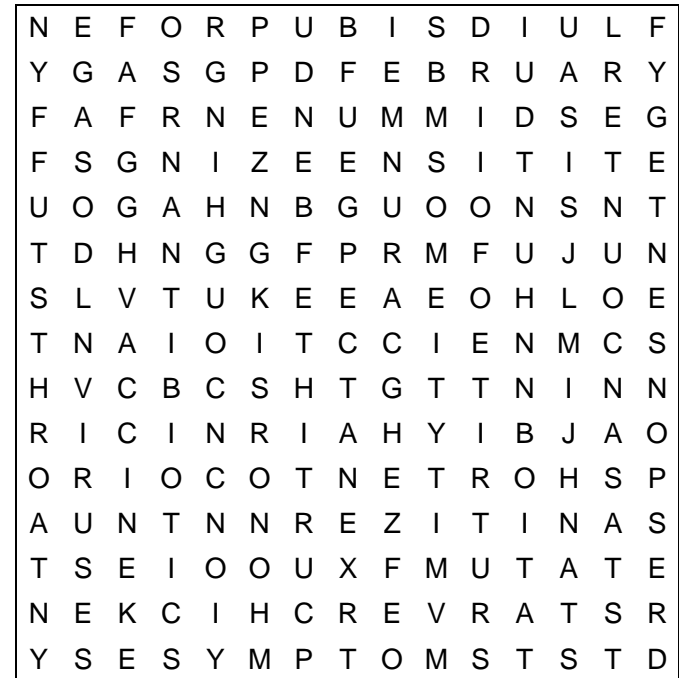
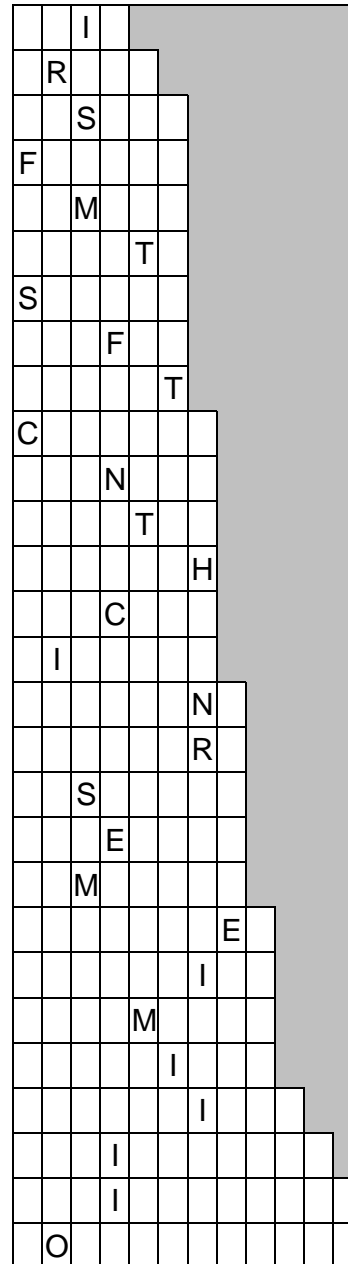


COLDS AND FLU!



Not wearing a coat or having wet ___ will not make you sick
 If your nasal discharge is this color, it might be time to see a doctor
 Be sure to use the correct ___ for your medicines
 ___ are very important, so drink lots of tea, juice and water
 People with weakened ___ systems should get a flu shot every year
 Flu viruses ___ and evolve, even during the middle of flu season
 Feed a cold and ___ a fever is an old wives' tale
 If your head feels ___, consider a decongestant
 Honey is a natural soother for a sore ___
 Grandma's ___ soup is an old cold remedy
 Over-the-___ nasal sprays work, but should only be used for 2-3 days
 Taking cold medicine at the first sign of illness may help ___ the cold
 The ___ flu involves intestinal problems and isn't the same thing as the flu
 If you don't like shots, you can get the flu ___ via a nasal spray
 Vaccines are made of dead ___ that are injected into your body
 ___ is how your body gets rid of mucus, a throat lozenge might soothe
 Flu season is at its worst December through ___
 Antihistamines reduce the body's ___ to irritants and allergens
 Coughing or ___ can spread a cold via saliva in the air
 Cold medicine treats the ___ not the infection
 Do not take aspirin - acetaminophen or ___ are best
 A cold is a sign that your body is battling an ___
 ___ or bronchitis can be complications following a bad cold or flu
 Hand ___ is good, but soap and water are best for cleaning hands
 You can be ___ and spread a cold before you even know you are sick
 ___ only help fight bacterial infections, not viruses
 Otitis media is another term for an ___ ___, a possible complication
 NSAIDs (___ anti-inflammatory drugs) reduce fevers and pain



Enter unused letters from puzzle, in order:

___ _ _ ___ _ _ ___ _ _ ___ _ _

___ ___ ___ ___ ___ ___ ___ ___ ___

___ ___ ___ ___ ___ ___

Copy boxed letters to form your hidden message:

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