

Prevention or Treatment Game Cards

Prevention or Treatment

1

To help prevent you from getting it, wash hands often. If you have it, use a tissue when sneezing. Cover mouth when coughing. Rest and fluids may help ease symptoms.

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2

To help prevent it, wash hands often. A flu shot may also prevent it. Rest, fluids, and medicine may help ease symptoms.

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3

To help prevent it, do not rub your eyes. Medicine will cure the infection.

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4

To reduce and manage the symptoms, physical activity and counseling may help. Sometimes medicine may be prescribed by a doctor.

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5

Rest, fluids, and medicine will cure the infection.

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6

To help prevent it, do not share combs or hats. Medicine will cure the problem.

(continued)

Prevention or Treatment Game Cards *(continued)*

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7

Avoiding the food or other triggers may help prevent them. Medicine is sometimes used to manage symptoms.

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8

Prevent or manage it by making healthy food and physical activity choices. Specialized medical care and counseling may also be needed.

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9

Help prevent or manage it by maintaining a healthy weight and eating a healthy diet. Specialized medical care and medicine may also be needed.

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10

Avoiding or treating for things you're allergic to and taking medicine (such as using an inhaler) can help manage and reduce the symptoms. Not smoking and managing stress are also helpful.