The Flu Fighters toured the Texas/Mexico border throughout the month of August. The tour consisted of a 45-minute live action show that delivered kid-friendly flu prevention messages based on four healthy habits: covering coughs and sneezes, washing hands, staying home when sick and getting a flu shot. The tour team also delivered activity books, hand sanitizers, DVDs and wallet-sized push cards to tour stop locations. The Flu Fighters also appeared on morning news shows and afternoon segments all along the border region. The efforts were effective in getting the flu prevention message out to the community before peak flu season hit.

DATES: August 5 – August 30
NUMBER OF STOPS: 41
NUMBER OF SHOWS: 48


RESULTS:
Students Reached: 7,043
Road Impressions: 467,357
Activity Books Distributed: 14,750
DVDs Distributed: 1,445
Hand Sanitizers Distributed: 2,700
Wallet Cards Distributed: 4,565
**PARTNERS:** City of Brownsville Parks & Recreation, Brownsville ISD, Boys & Girls Club of Harlingen, Boys & Girls Club of Mercedes, City of Mercedes Parks & Recreation, Boys & Girls Club of Edinburg, City of Edinburg Parks & Recreation, Edinburg Idea Public School, Boys & Girls Club of Pharr, Pharr Idea Public School, McAllen Public Library, City of McAllen Parks & Recreation, McAllen ISD, Los Fresnos CISD, San Benito CISD, Alamo Flea Market, Boys & Girls Club of Mission, Boys & Girls Club of Rio Grande City, Boys & Girls Club of Zapata, Laredo ISD, Boys & Girls Club of Eagle Pass, Housing Authority of Eagle Pass, Kickapoo Headstart Program, Laughlin Air Force Base, Fox Plaza Shopping Center & Mercado, YMCA of El Paso, Boys & Girls Club of El Paso, Ysleta del Sur Pueblo Tribe, Jeff Davis County Library, and Boys & Girls Club of Presidio.
I’m going to show my mom the Flu Fighter moves!

8-year-old girl

That show was well done. I would love to have more of this type of education for the kids!

Marco Gloria,
Kickapoo Head Start Coordinator

I love how the kids were able to interact with the healthy habits.

Lupita Guerrero,
Office of Border Health

KIA! You better run, flu monsters.

7-year-old girl

If I go to the website, I can keep learning the moves?

8-year-old boy

This is better than karate class, because we fight the flu!

9-year-old boy
FLU FIGHTERS Activity Book

TEXAS DEFEND YOURSELF!

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LUCHADORES CONTRA LA GRIPE
Libro de Actividades

TEXAS
¡DEFIÉNDETE!

TexasFlu.org
Children learn to fight the flu

VALLEY MORNING STAR

HARLINGEN — Children at the Boys & Girls club of Harlingen learned to combat the flu with a help from the Flu Fighters, a germ fighting martial artist duo visiting Rio Grande Valley children last week.

The Flu Fighters, a germ fighting group from the Texas Department of State Health Services, talked about hand washing and other methods the children can use to keep from getting sick.

“ We incorporate martial art movements with healthy habits,” Tshaw Beyonce said. “As opposed to just telling them, we show them with action. So wash your hands also doubles as a ‘double chop,’ so we do all of our moves and put it together as a big flu fighter routine.”

The Flu Fighters are touring South Texas cities and teaching children, in addition to washing their hands, to fight the flu by covering a cough or sneeze, staying home if they are sick, and of course getting their flu shot.

“In 2009, the H1N1 Flu was actually discovered here in South Texas, the U.S.-Mexico border, so we just want to make sure that kids are using healthy habits so they won’t spread the seasonal flu, or H1N1 flu,” Beyonce said. “When you learn young, you are going to keep those traits with you. Now is the time to learn how to fight the flu.”

In their presentation, the Flu Fighters taught that proper hand washing takes at least 20 seconds with soap and water, that a sneeze leaves the body at 90 miles per hour, that a million germs are carried in a single sneeze.

Children were encouraged to participate, with several audience volunteers demonstrating how quickly germs can spread.

Children yelled, “Ew, it’s the flu,” and danced the Flu Fighter’s routine.

“They had such amazing energy,” Flu Fighter Karina Dominguez said. “They are so receptive and they have so much fun with it. It really makes it such a joy for us.”

At the end of the presentation children also received activity books, wallet cards, and hand sanitizer.

The Flu Fighters also made presentations last week in Brownsville, Mercedes, Edinburg, McAllen and Pharr.
MEDIA ADVISORY

Flu Fighters August Tour in Laredo

DSHS program teaches children to prevent spread of flu

WHAT: Kids in Laredo will learn songs and moves to help them remember how to “fight the flu” as they get ready for the upcoming flu season with help from the Flu Fighters. The Texas Department of State Health Services Flu Fighters, two trained martial artists, will use an interactive show to educate children on the best ways to keep from getting and spreading the flu.

For the first time, the Flu Fighters will bring their message to kids during summer activities at places like Boys and Girls Clubs, YMCAs and community centers. The Flu Fighters will visit 15 cities along the Texas border throughout August.

WHEN: Wednesday, Aug. 14, 2013
1:00 p.m., K. Tarver Recreational Center, located at 2902 Tilden Avenue in Laredo
This event is open to the public.
4:30 p.m., Lafayette Splash Park, located at 1900 Lafayette Street in Laredo
This event is open to the public.

VISUALS: The Flu Fighters will be outfitted in traditional martial arts uniforms. They have four signature moves that reflect the top healthy behaviors that help reduce the spread of the flu. This high-energy educational presentation also includes an animated video.

WHY: DSHS wants children to adopt the behaviors that best prevent the flu. Starting early will help them learn the best practices to use when flu season begins in October.

-30-

(News Media Contact: Chris Van Deusen, DSHS Assistant Press Officer, 512-776-7753)

DSHS Press Office on Twitter
FIGHT THE FLU PRESENTATION

Karina Dominguez, Alexandra Castruita and Tshaw Beyonce pose for a photo outside the Texas Department of State Health Services bus Wednesday afternoon at the Lafayette Water Park. The group held a presentation for kids on how to fight the flu.
Trained martial artists Karina Dominguez Smith and Tshaw Beyonce of the Texas Department of State Health Services Flu Fighters are seen teaching Judge Oscar De La Fuente Elementary School students how to fight the flu in the campus cafeteria Friday.

**ODLF students receive lessons in flu fighting**

*Special to the NEWS*

Students of Judge Oscar De La Fuente Elementary School learned how to fight the flu Friday, Aug. 30, courtesy of the Texas Department of State Health Services Flu Fighters.

In doing so, the students sang songs and were taught the moves that would help them remember how to prepare for the upcoming flu season. The Flu Fighters, trained martial artists Karina Dominguez Smith and Tshaw Beyonce, used an interactive show to educate children on the best ways to keep from getting and spreading the flu.

For the first time, the Flu Fighters brought their message to kids during summer activities at organizations such as the Boys and Girls Clubs, YMCAs and community centers. The Flu Fighters were expected to visit 15 cities along the Texas border throughout August.

On Friday, the Flu Fighters were outfitted in traditional martial arts uniforms. They presented four signature moves that reflect the top healthy behaviors that help reduce the spread of the flu. This high-energy educational presentation also included an animated video.

DSHS officials want children to adopt the behaviors that best prevent the flu. Starting early will help them learn the best practices to use when flu season begins in October.
Flu Fighters touring to prevent illness

Harlingen — Children in the Rio Grande Valley will learn songs and moves to help them remember how to “fight the flu” as they get ready for the upcoming flu season with help from the Flu Fighters.

The Texas Department of State Health Services Flu Fighters — two trained martial artists — will use an interactive show to educate children on the best ways to keep from getting and spreading the flu.

For the first time, the Flu Fighters will bring their message to children during summer activities at places like Boys & Girls Clubs, YMCAs and community centers.

The Flu Fighters will visit 15 cities along the Texas border throughout August.

They will be in Harlingen on Tuesday at 10:30 a.m. at the Boys & Girls Club, Fair Park, 1100 S. M St. This event is open to the public.

Later on Tuesday, the Flu Fighters will be at Mercedes Recreation Center, 2:30 p.m., 701 Mathis St. This event is open to members of the Mercedes Recreation Center.
The Flu Fighters will be outfitted in traditional martial arts uniforms.

They have four signature moves that reflect the top healthy behaviors that help reduce the spread of the flu. This high-energy educational presentation also includes an animated video.

Texas Department of State Health Services said it wants children to adopt the behaviors that best prevent the flu. Starting early will help them learn the best practices to use when flu season begins in October.

The Flu Fighters will also be in Brownsville, on Monday, at 10 a.m. at Gonzalez Park, 34 Tony Gonzalez Drive; and 2 p.m. at the Downtown Recreation Center, 1338 E. 8th St. These events are open to participants of the City of Brownsville Parks and Recreation Summer Recreation Program.

The Edinburg visit will be at 9 a.m. and 10 a.m. Wednesday at the Boys & Girls Club, 702 Cullen St. These events are open to children registered in their summer camp program.

In McAllen, the event will be at 10 a.m. Thursday at Palm View Branch Library, 3401 Jordan Ave. The event is open to the public.

On Friday, the Flu Fighters will be in Pharr at 10 a.m. at the Boys & Girls Club, 413 E. Clark St.; and at 2 p.m. at the McAllen Public Library, 4001 N 23rd St. The Pharr event is open to children registered in their summer camp program and the McAllen event is open to the public.