

Sammy Has the Flu

A Reading A-Z Poetry Book

Word Count: 222



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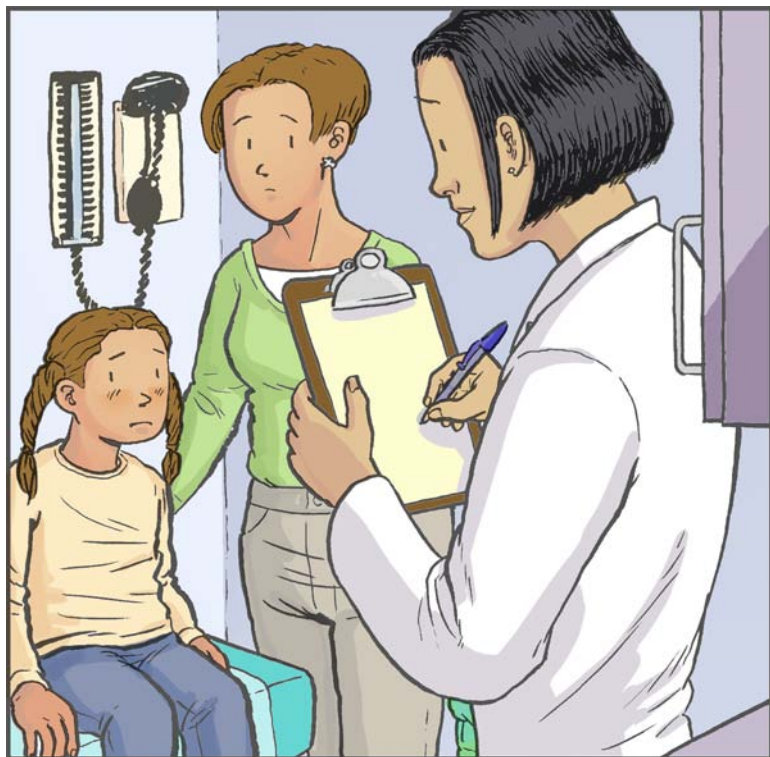
POETRY

Sammy Has the Flu



Written by Ned Jensen
Illustrated by Chris Baldwin

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So, remember, if you
feel achy and hot,
go see a doctor to learn
what you've got.
If your doctor discovers
that you've got the flu,
think about Sammy
and what you can do.

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A week or so later,
Sammy's feeling quite good.
He goes back to school,
as any healthy kid should.

The doctor tells Sammy,
“Drink lots of juice and get plenty
of rest.”

Sammy does what he says—
that’s always the best.



Sammy feels awful
from his toes to his head.
All he wants to do
is just lie in his bed.
He moans and he groans,
and he groans and he moans.
His whole body aches—
even his bones.



Sammy has a fever.
His head is very hot.
His mom asks the doctor,
“What has my boy got?”

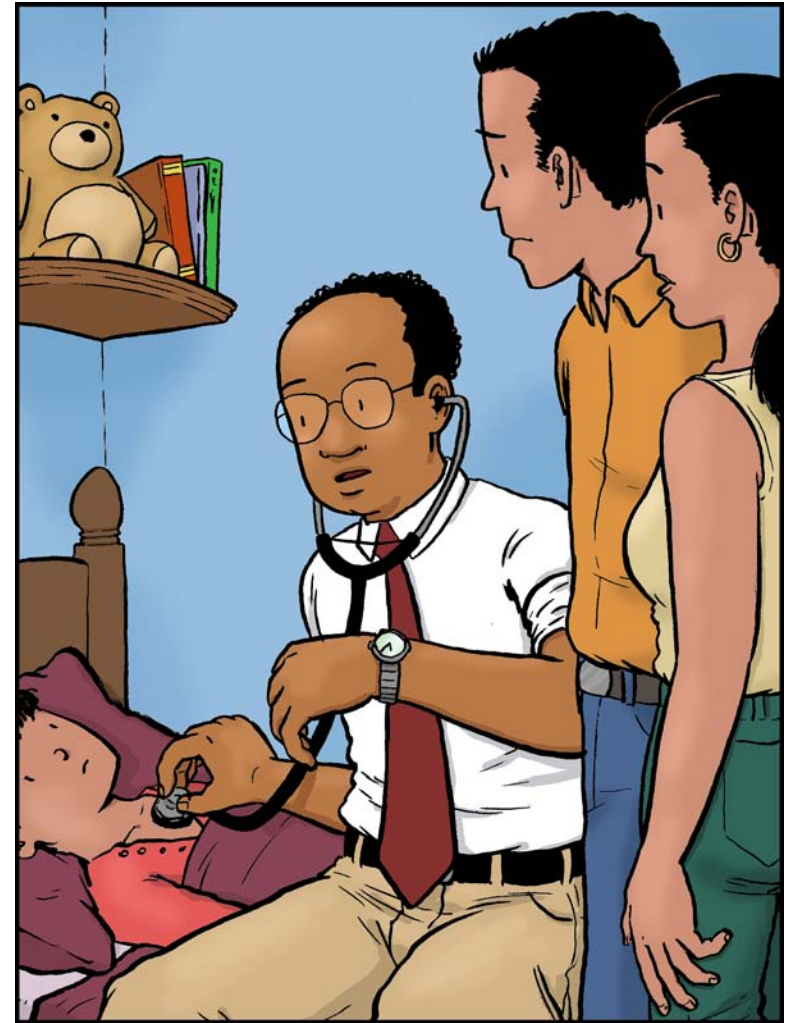
Sammy covers his nose
as he wheezes and sneezes.
He washes his hands
to stop the spread of diseases.



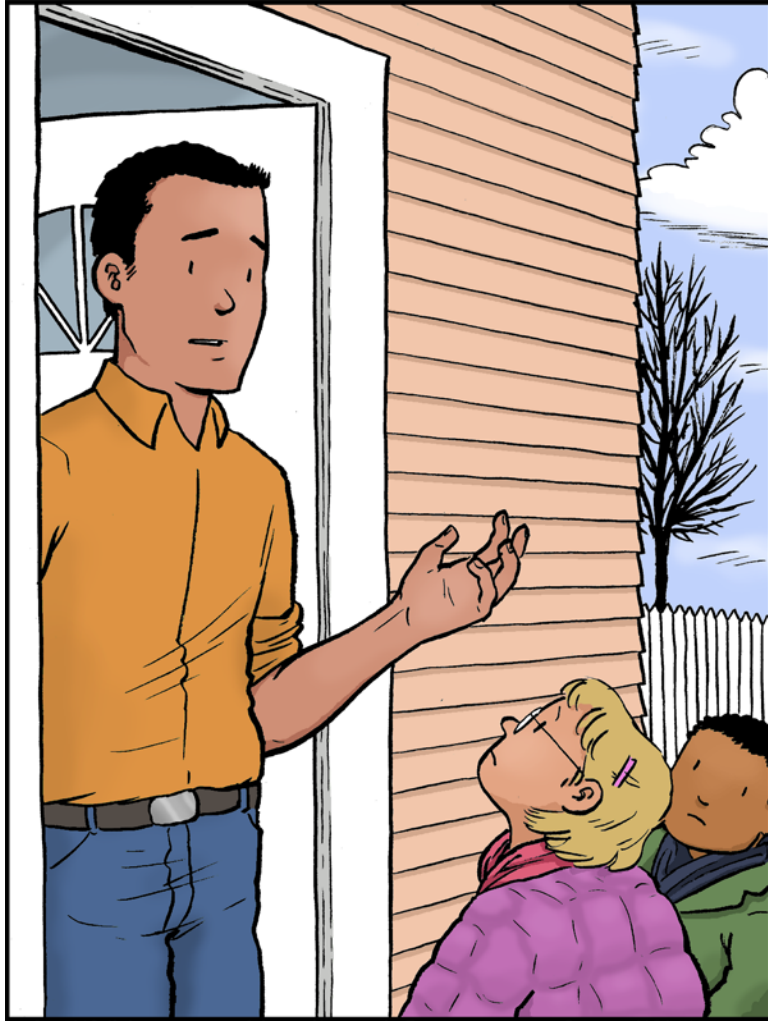


It must be that flu.
It is spreading so fast.
Everyone wonders
how long it will last.

The doctor says, "He's sick.
He must have the flu."
Sammy's parents both wonder,
"What should we do?"



The doctor tells them,
"Please keep Sammy at home."
"His friends can't come over.
And don't let him roam!"



Sammy's fever rises
to one hundred and four.
Other kids are sick, too—
more than ever before.