



COMICS, MAZES, AND  
OTHER FUN ACTIVITIES FOR KIDS!  
INFORMATION ABOUT VAGGINATION  
FOR FAMILIES!



# ULTRA GERM FIGHTERS



Mom says it's time to go to the clinic.  
We need to get shots.



**No!**  
I don't want one!



I know. Getting a shot is never fun.



I'd rather play  
action heroes  
with my friends!



**Why do we have  
to get a shot??!**



The shot shows our body how to  
fight off sickness.



Like this??!



...Not exactly.



**YAH!**



But it's safer to be with other kids when  
your body knows how to fight bad germs.



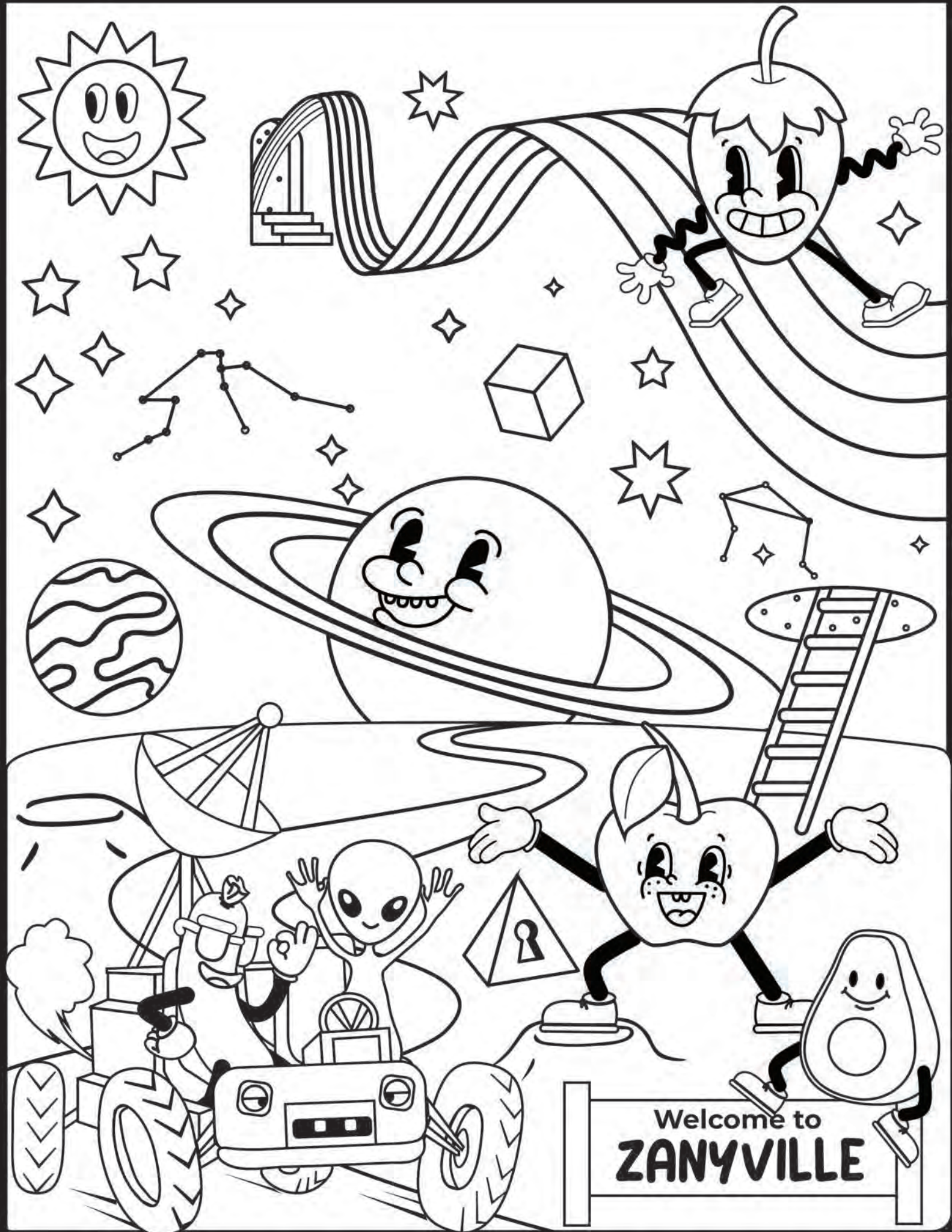
Ok.



To be continued...

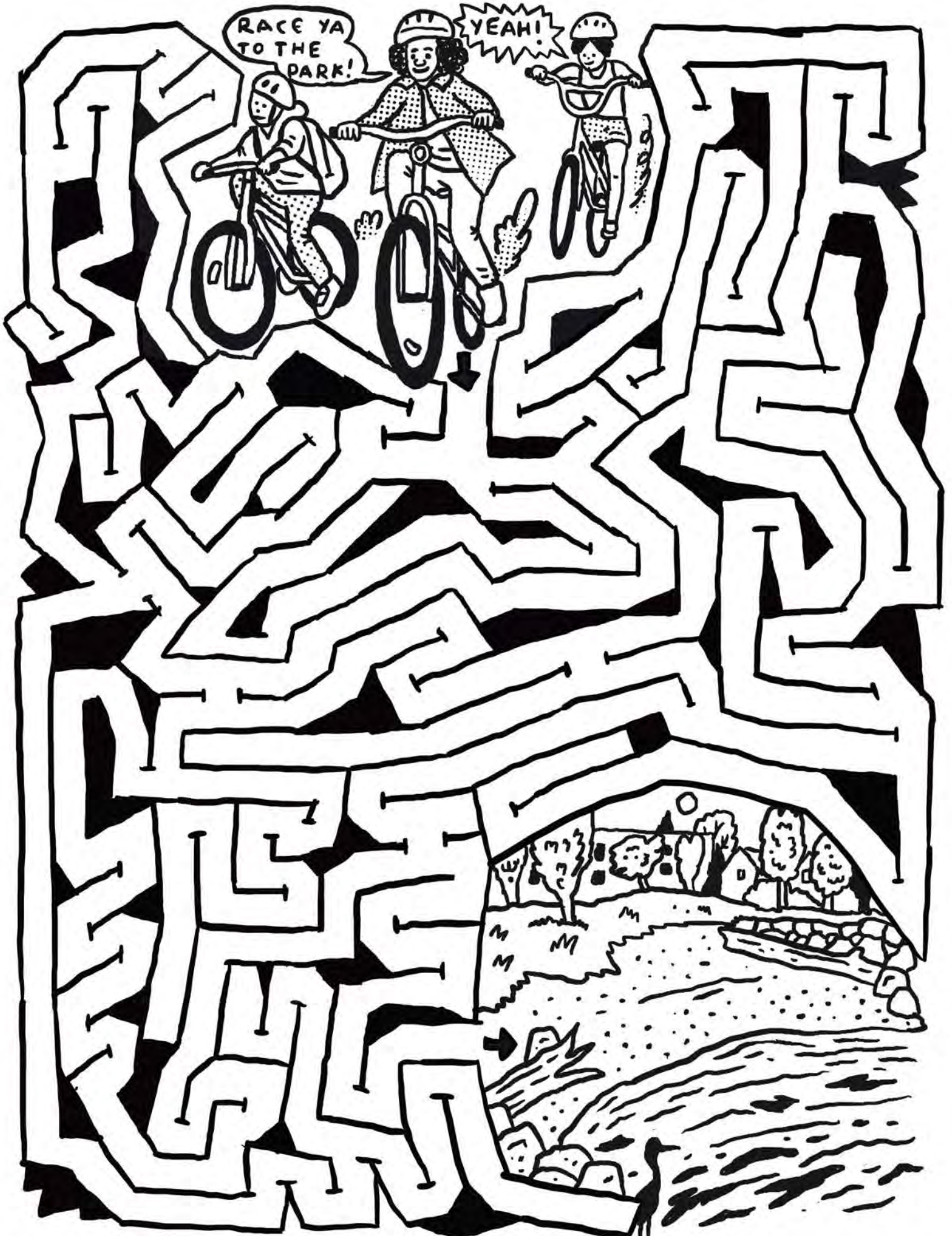
Artwork by Lizzi Akana, Rolando Avila, and Darin Shuler  
Writing and art direction by Meredith Li-Vollmer  
Graphic design by Rolando Avila

This book was co-created by Public Health – Seattle & King County  
and community partners from Healthier Here and Best Starts for Kids.



Welcome to  
**ZANYVILLE**

**CAN YOU FIND 3 WAYS TO GET TO THE PARK?**



# SPOT THE DIFFERENCE

Can you find 11 differences between these pictures?



Find all the things that keep you healthy and fight germs!  
Look for: Soap and Water, Face Mask, Hand Sanitizer, Playing Sports, Apples, Banana, Bandaid, Avocado, covid Test Kit, Getting Good Sleep.



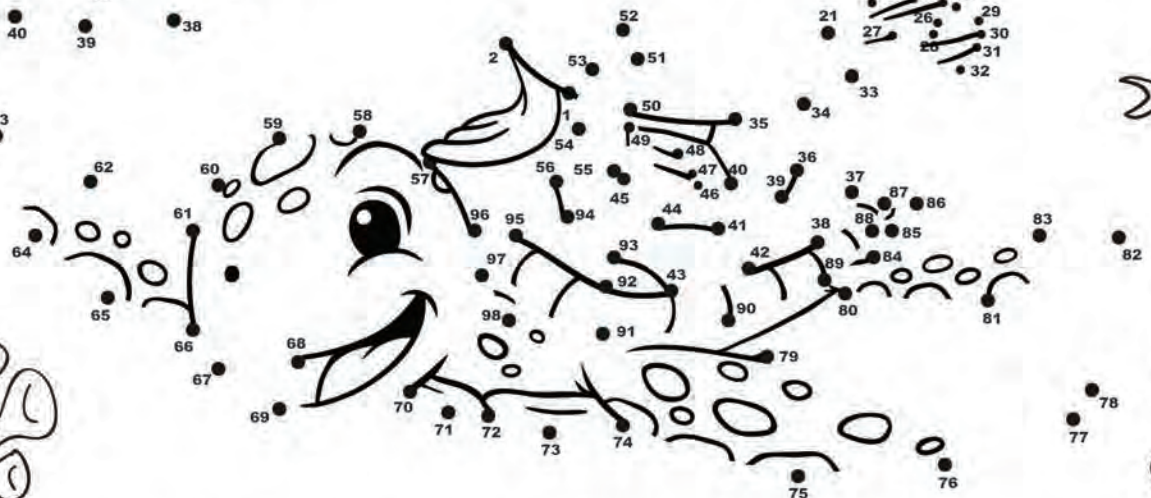
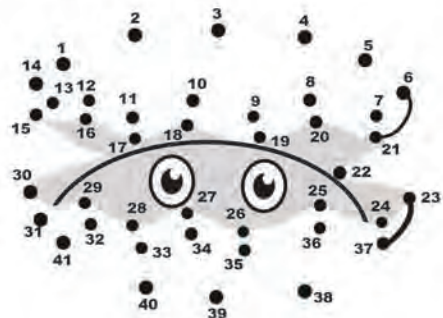




CAN YOU  
HELP ME  
FIND THE  
GARDEN?

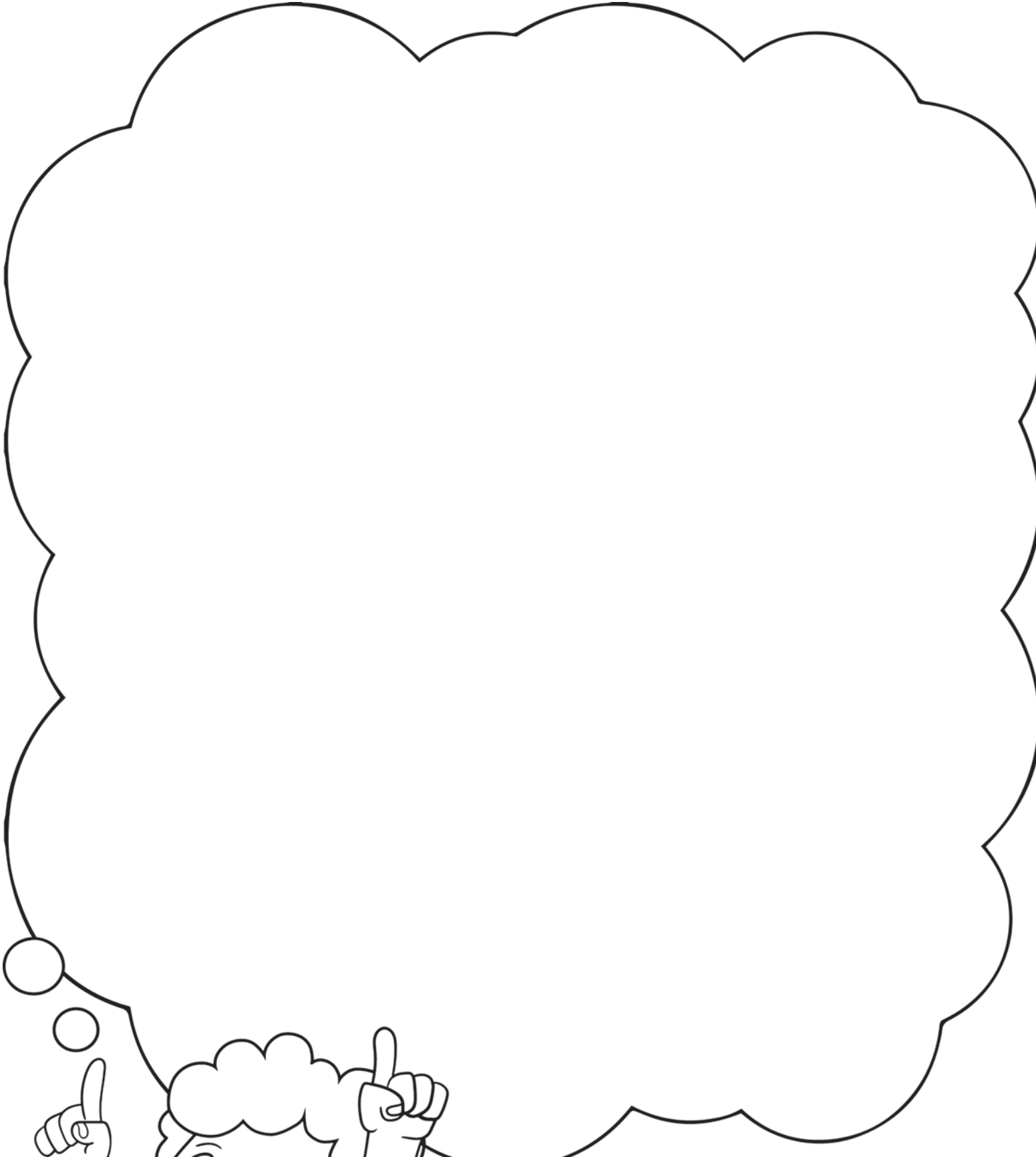
I NEED  
A SNACK!





**C O N N E C T**

**THE DOTS!**



**IMAGINE**  
**YOUR PERFECT DAY**

Later that day...



I did it!  
I got the shot!

You were brave!



And now I'm ready to play...



# ULTRA GERM FIGHTERS!



THE END

# 针对家长和家人对于有关儿童的COVID和其他疫苗的信息

## 为什么让我的孩子接种疫苗很重要？

疫苗能保护您的孩子免受麻疹、新冠肺炎和脊髓灰质炎等疾病导致的严重病症。

疫苗教会我们的身体自我对抗感染，从而免受患重病的风险。

疫苗保护社区中的每个人。当所有人都接种疫苗时，我们就可以防止疾病传播。这对于年龄太小而无法接种某些疫苗的婴儿以及身体无法完全抵抗感染的人（如老年人和爱滋病毒感染者）尤其重要。

## 疫苗有副作用吗？

每种药物治疗都有副作用，包括疫苗。轻微的副作用让您知道身体正在建立保护。常见的副作用包括酸痛、轻度发烧和感到疲倦。

严重的副作用极为罕见。有多罕见？每一百万剂疫苗中，只有1-2人会出现严重的过敏反应。这大约是所有已接种疫苗的0.0002%。

## 如何让接种疫苗变得更轻松？

- 带上孩子最喜欢的玩具、书籍或毛毯来增加熟悉感。对孩子坦白。告诉孩子打针可能会有捏痛或刺痛感，但不会持续很久。
- 问孩子的医疗保健提供者要止痛药膏或冷却喷雾。
- 打针时用歌曲、讲故事或拥抱来分散他们的注意力。
- 与孩子一起做深呼吸来“吹走”疼痛。

## 如何安排我的孩子接种疫苗？

**免费COVID-19 疫苗：**儿童可以在许多药店、医生或诊所以及在 [kingcounty.gov/vaccine](https://kingcounty.gov/vaccine) 上列出的站点免费接种 COVID-19 疫苗（使用下拉菜单获取其他语言翻译版本）。

**儿童免费疫苗计划：**18岁以下的儿童可以从华盛顿州的许多医疗保健提供者那里免费接种疫苗。可能要收取手续费，但您可以要求将其免除。致电 CHAP：1-800-756-5437（仅提供英语/西班牙语）查找医疗保健提供者或获取保险方面的帮助。

儿童可以安全地在同一天接种多种疫苗。省时又省钱！

其他资讯：访问 [kingcounty.gov/findaclinic](https://kingcounty.gov/findaclinic) 了解更多资讯（仅有英语/西班牙语版本）。