



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.



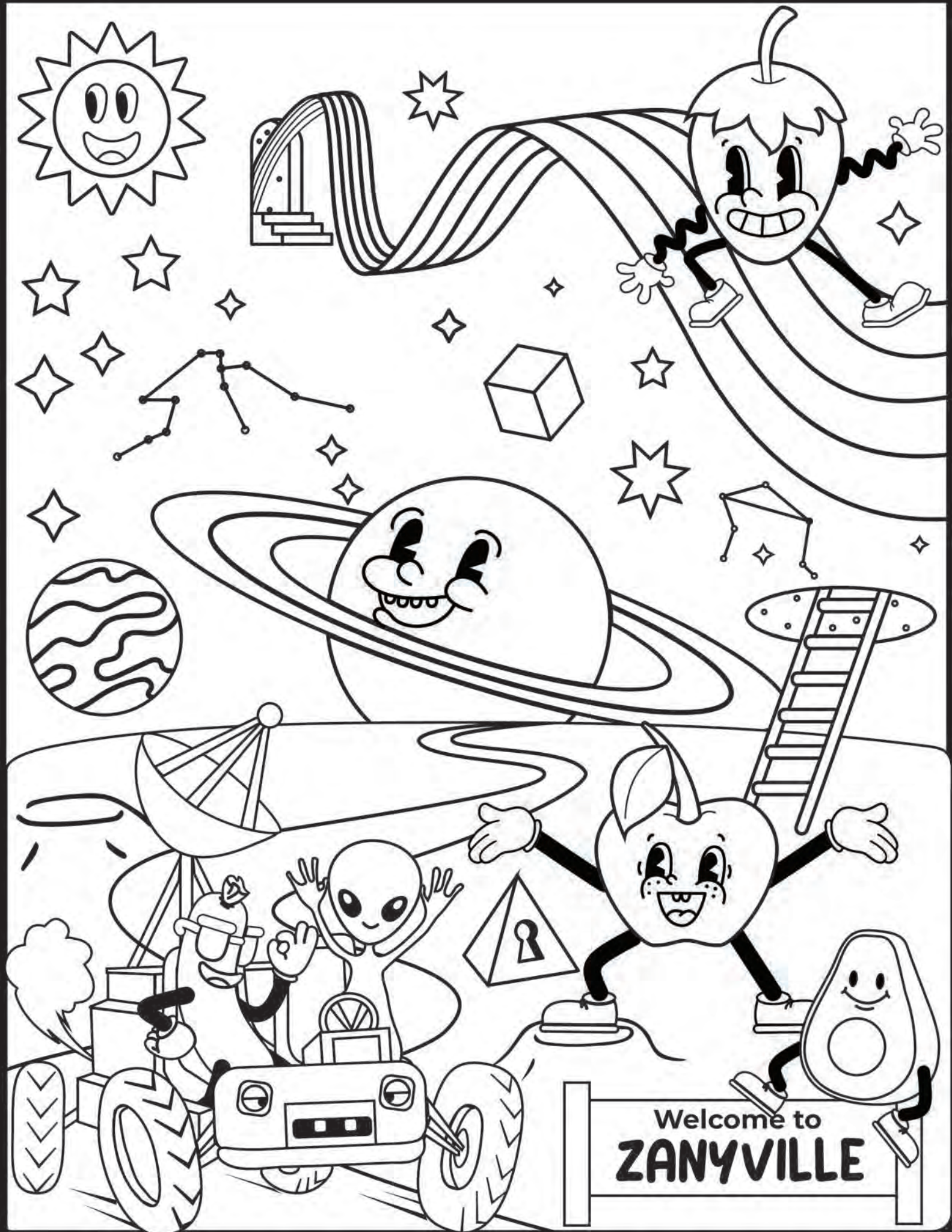
Ok.



To be continued...

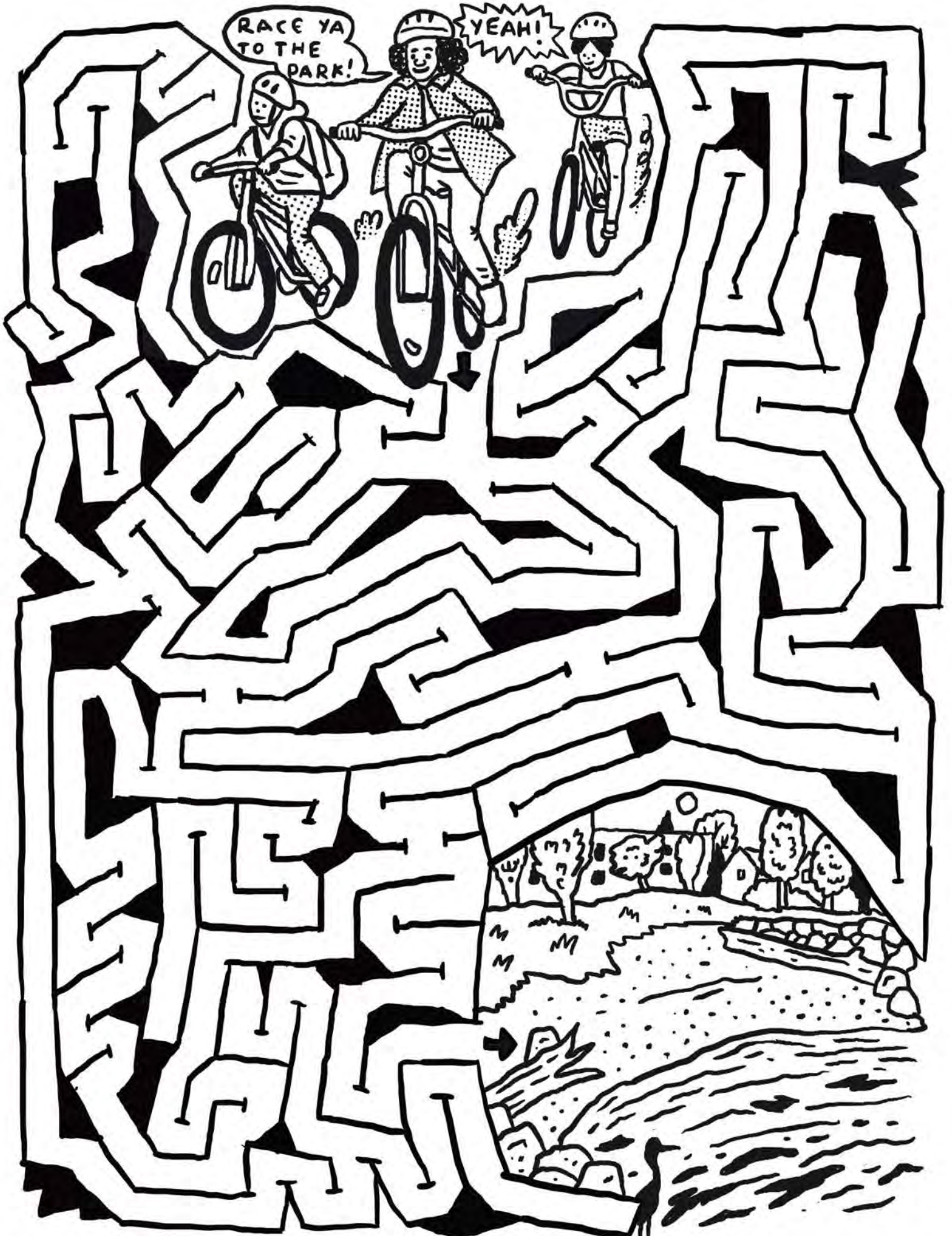
Artwork by Lizzi Akana, Rolando Avila, and Darin Shuler
Writing and art direction by Meredith Li-Vollmer
Graphic design by Rolando Avila

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.

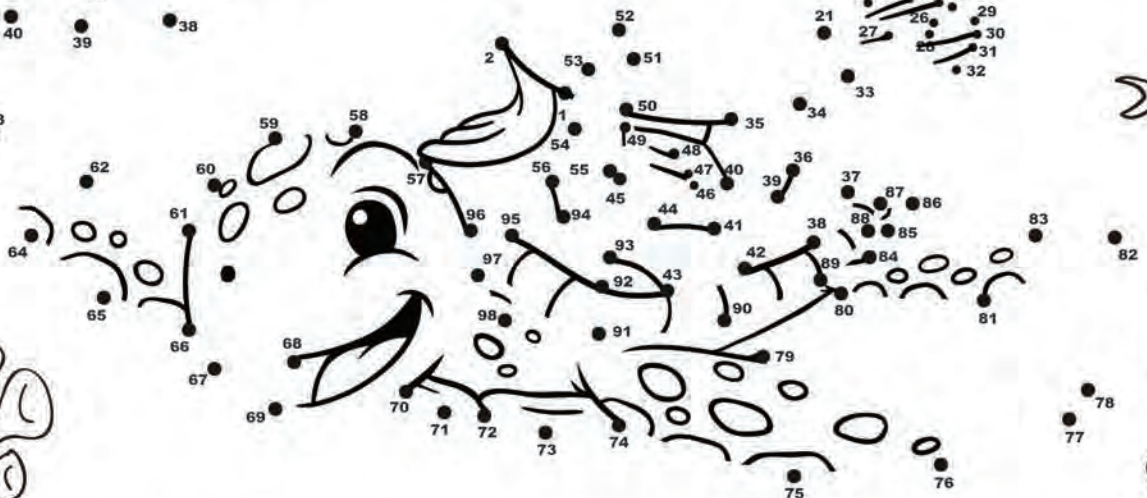
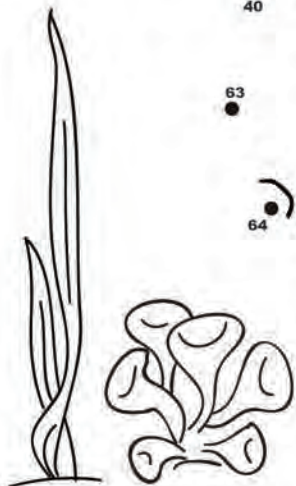
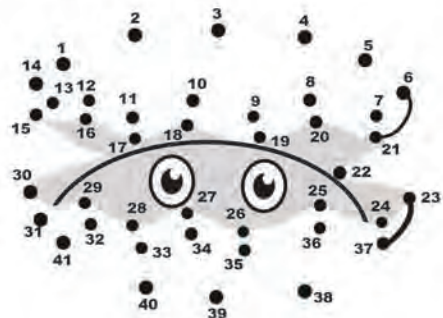






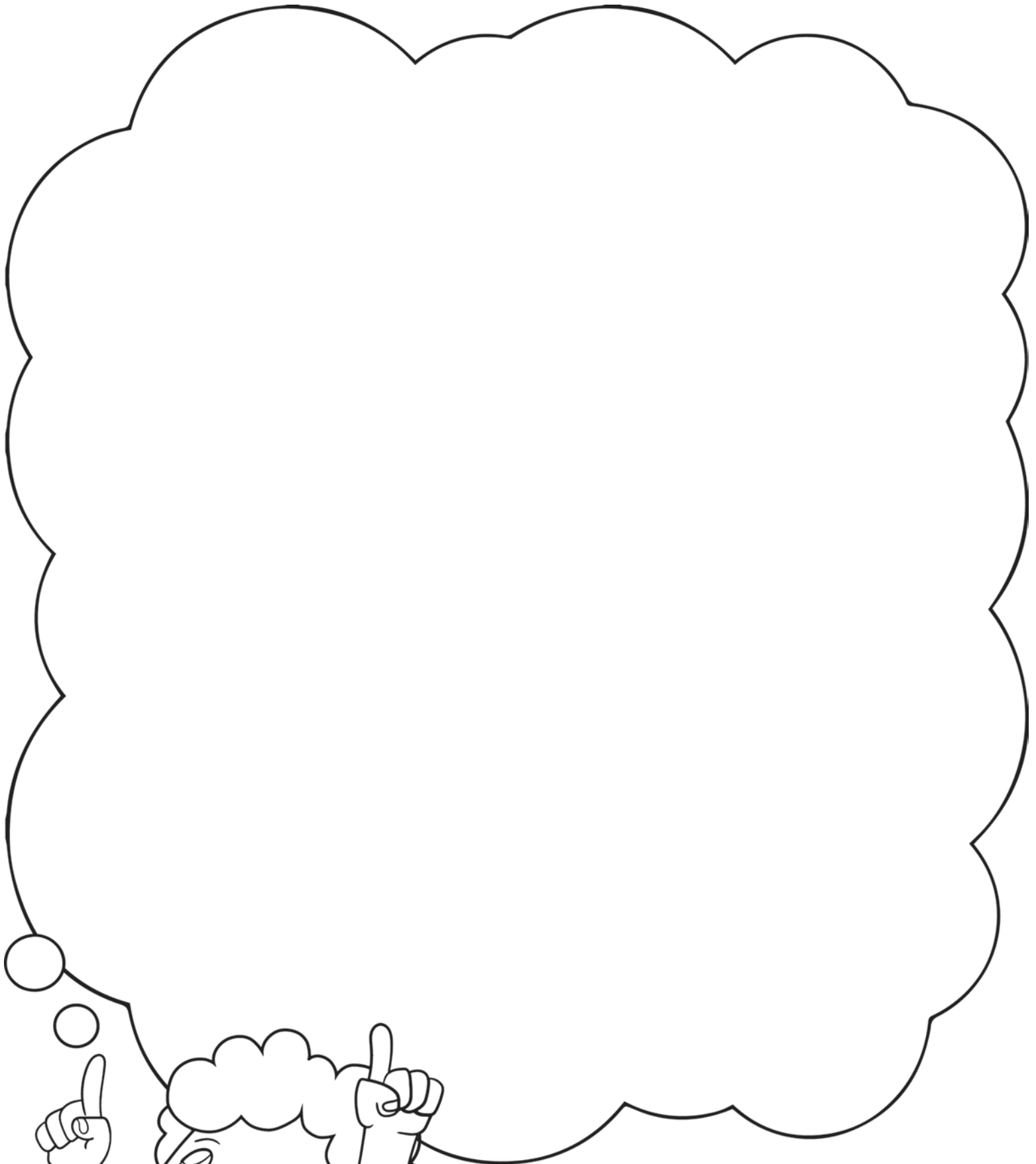
CAN YOU
HELP ME
FIND THE
GARDEN?

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

INFORMATION FOR PARENTS AND FAMILIES ABOUT COVID AND OTHER VACCINES FOR CHILDREN

Why is important to get my child vaccinated?

Vaccines protect your child against serious illness from diseases like measles, COVID, and polio.

Vaccines teach the body how to protect itself from infections without the risk of becoming severely ill.

Vaccines protect everyone in the community. When we all get vaccinated, we prevent disease from spreading. That's especially important for babies who are too young to get certain vaccines and people whose bodies can't fully fight infection, like elders and people with HIV.

Are there side effects from vaccines?

Every medical treatment has side effects, including vaccines. Mild side effects let you know that your body is building protection. Common side effects include soreness, mild fever, and feeling tired.

Serious side effects are extremely rare. How rare? For every million vaccine doses, only 1-2 people will have a serious allergic reaction. That's about 0.0002% of all the vaccines given.

How can I make getting shots less stressful?

- **Pack your child's favorite toy, book, or blanket for comfort. Be honest with your child.** Explain that shots can pinch or sting, but won't hurt for long.
- **Ask your child's healthcare provider for pain-relieving ointment** or a cooling spray.
- **Distract your child while they are getting a shot** with a song, story, or cuddle.
- **Take deep breaths with your child** to help "blow away" the pain.

How can I get my child vaccinated?

Free COVID-19 vaccination: Children can get vaccinated against COVID-19 for free at many pharmacies, their doctor or clinic, and from locations listed on kingcounty.gov/vaccine (use the drop-down menu for multiple languages).

Free Childhood Vaccine Program: Children up to age 18 can get vaccine at no cost from many healthcare providers in Washington State. There may be an administration fee, but you can ask to have it waived. Find a provider or get help with insurance by calling CHAP: 1-800-756-5437 (English/Spanish only).

Children can safely get multiple vaccines on the same day. This can save you time and money!

Additional information: Visit kingcounty.gov/findaclinic for more information (English/Spanish only).