



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.



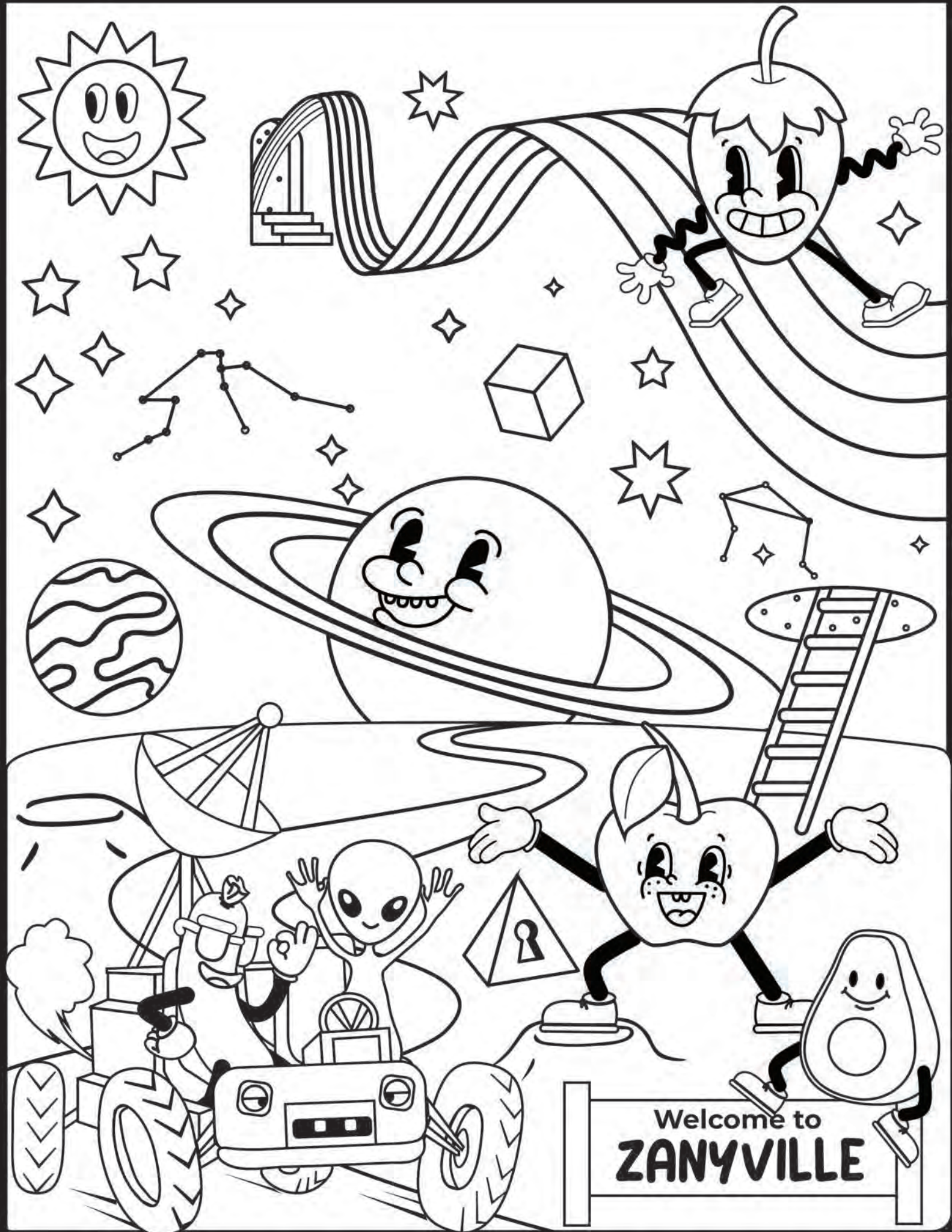
Ok.



To be continued...

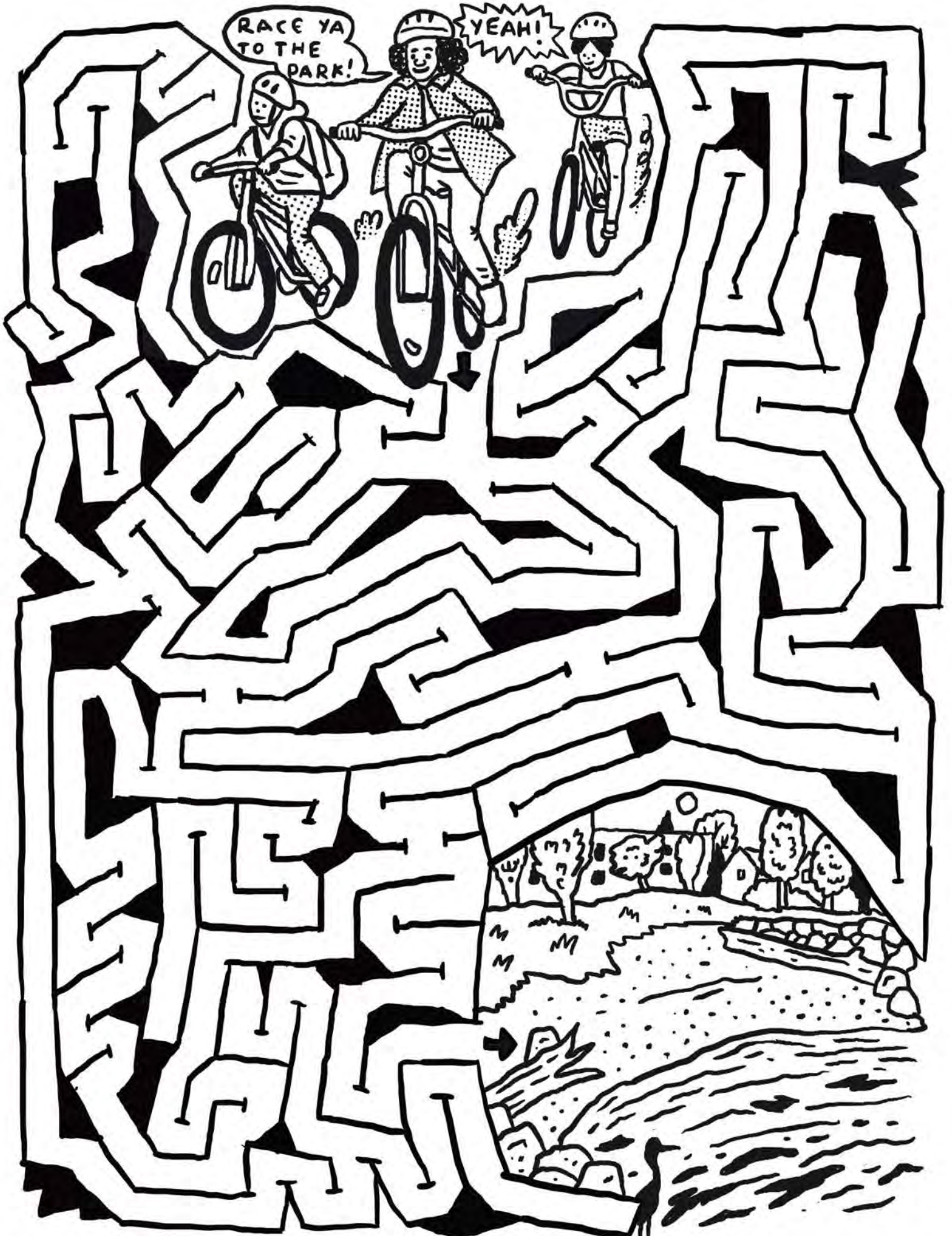
Artwork by Lizzi Akana, Rolando Avila, and Darin Shuler  
Writing and art direction by Meredith Li-Vollmer  
Graphic design by Rolando Avila

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.



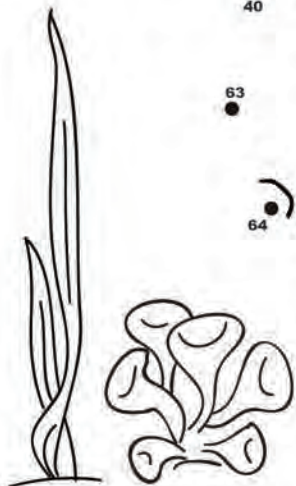
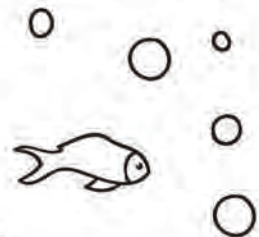
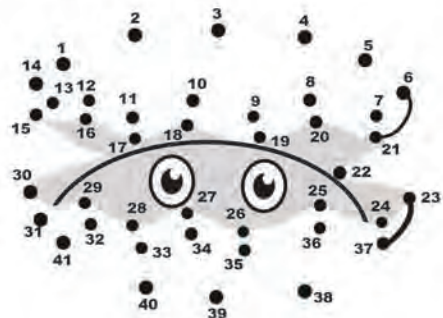




CAN YOU  
HELP ME  
FIND THE  
GARDEN?

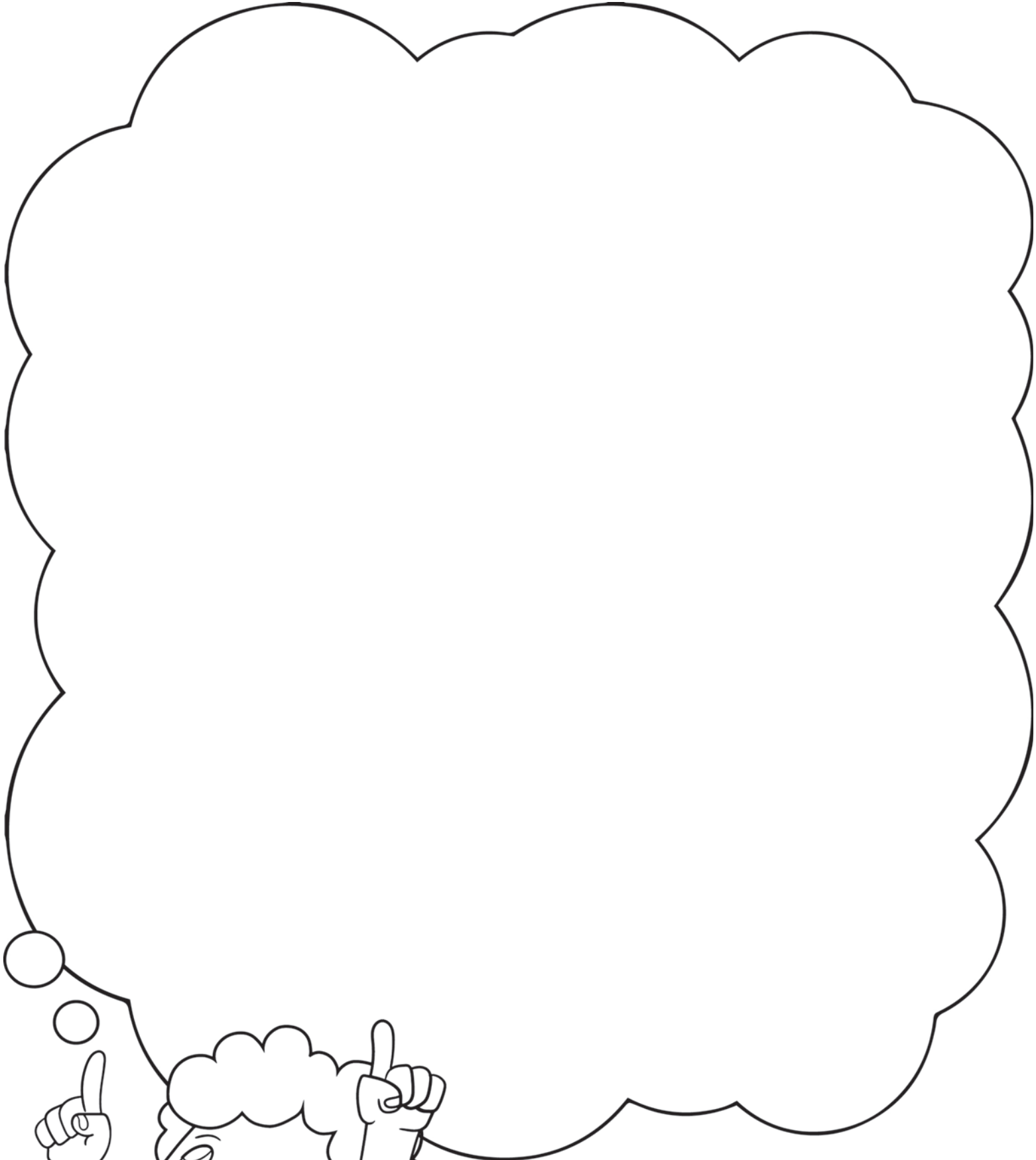
I NEED  
A SNACK!





**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

# XOGAHA LOOGU TALAGALAY WAALIDIINTA EE KU SAABSAN COVID IYO TALAALADA KALE EE CARRUURTA

## Maxay muhiim u tahay in ilmahayga la tallaalo?

**Tallaaladu waxay ilmahaaga ka** difaacaan jirrooyinka halista ah sida jadeecada, COVID, iyo booliyada.

**Tallaaladu waxay baraan jirka sida uu isaga difaaci karo caabuqyada ayada oo uusan** galin khatarta inuu si xun ugu jirrado.

**Tallaaladu waxay difaacaan qof kasta oo bulshada ka mid ah.** Markaan dhammaanteen is tallaalno, waxaan ka hortagnaa inuu cudurku faafo. Taasi waxay si gaar ah muhiim ugu tahay caruurteena aadka u yar si ay u qaataan tallaalada qaarkood iyo dadka jidhkoodu aanu sida buuxda ula dagaalami karin caabuqa, sida dadka waayeelka iyo dadka qaba HIV.

## Ma jiraan waxyeelooyin laga dhaxlo tallaalada?

Daawaynta kasta oo caafimaad waxay leedahay waxyeelooyin laga dhaxla, oo ay ku jiraan tallaalada. Waxyeellooyinka fudud waxay ku ogeysiinayaan in jidhkaagu uu dhisayo difaac. Waxyeellooyinka caadiga ah waxaa ka mid ah xanuun, qandho fudud, iyo dareemida inaad daalan tahay.

Waxyeellooyinka halista badan aad ayay dhif u yihiin. Intee in la'eg ayay dhif yihiin? Halkii milyan ee kuuraha tallaal kasta, kaliya 1-2 qof ayaa yeelan doona fal-celin xasaasiyadeed oo daran. Taasi waa qiyaastii 0.0002% dhammaan tallaalada la bixiyay.

## Sideen uga dhigi karaa qaadashada tallaalada mid walaac yar?

- **Usoo qaad boombalada, buuga, ama bustaha uu ilmahaagu jecel yahay si uu raaxo ugu dareemo.** Runta u sheeg ilmahaaga. U sharax in cirbadu ay u dareemi karaan sidii qanjarufo ama qaniinjo, laakiin aanay xanuuni doonin muddo dheer.
- **Weydii bixiyaha adeega caafimaad ilmahaaga boomaatada xanuunka** joojisa ama carfisada wax qaboojisa..
- **Ka mashquuli ilmahaaga marka ay qaadanayaan tallaal hees,** sheeko, ama xabad-galin.
- **Si qoto dheer ula neefso ilmahaaga si aad uga caawiso inuu "iska saaro" xanuunka.**

## Sidee ayaan u talaali karaa ilmahayga?

**Tallaalka COVID-19 ee bilaashka ah:** Carruurta waxaa si bilaash ah looga talaali karaa COVID-19 farmashiyo badan, dhakhtarkooda ama rugaha caafimaadka, iyo meelaha ku taxan [kingcounty.gov/vaccine](https://kingcounty.gov/vaccine) (isticmaal liiska hoos u baxaya kuna qoran luuqado badan).

**Barnaamijka Tallaalka Carruurta ee Bilaashka ah:** Carruurta da'doodu tahay 18 jir waxay ka heli karaan tallaal lacag la'aan kuwo badan oo bixiyaya daryeelka caafimaadka kuna yaala Gobolka Washington. Waxaa laga yaabaa inay jirto lacag maamul, laakiin waxaad codsan kartaa in lagaa dhaafo. Raadi bixiye ama ka hel caawimo xagga caymiska adiga oo wacaya CHAP: 1-800-756-5437 (Ingiriis/Isbaanish kaliya).

Carruurta waxay si badqabto u qaadan karaan tallaallo badan isla maalintaas. Tani waxay kuu badbaadin kartaa waqti iyo lacag!

**Xog dheeraad ah:** Booqo [kingcounty.gov/findaclinic](https://kingcounty.gov/findaclinic) wixii macluumaad dheeraad ah (ku qoran Ingiriis/Isbaanish keliya).