



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.

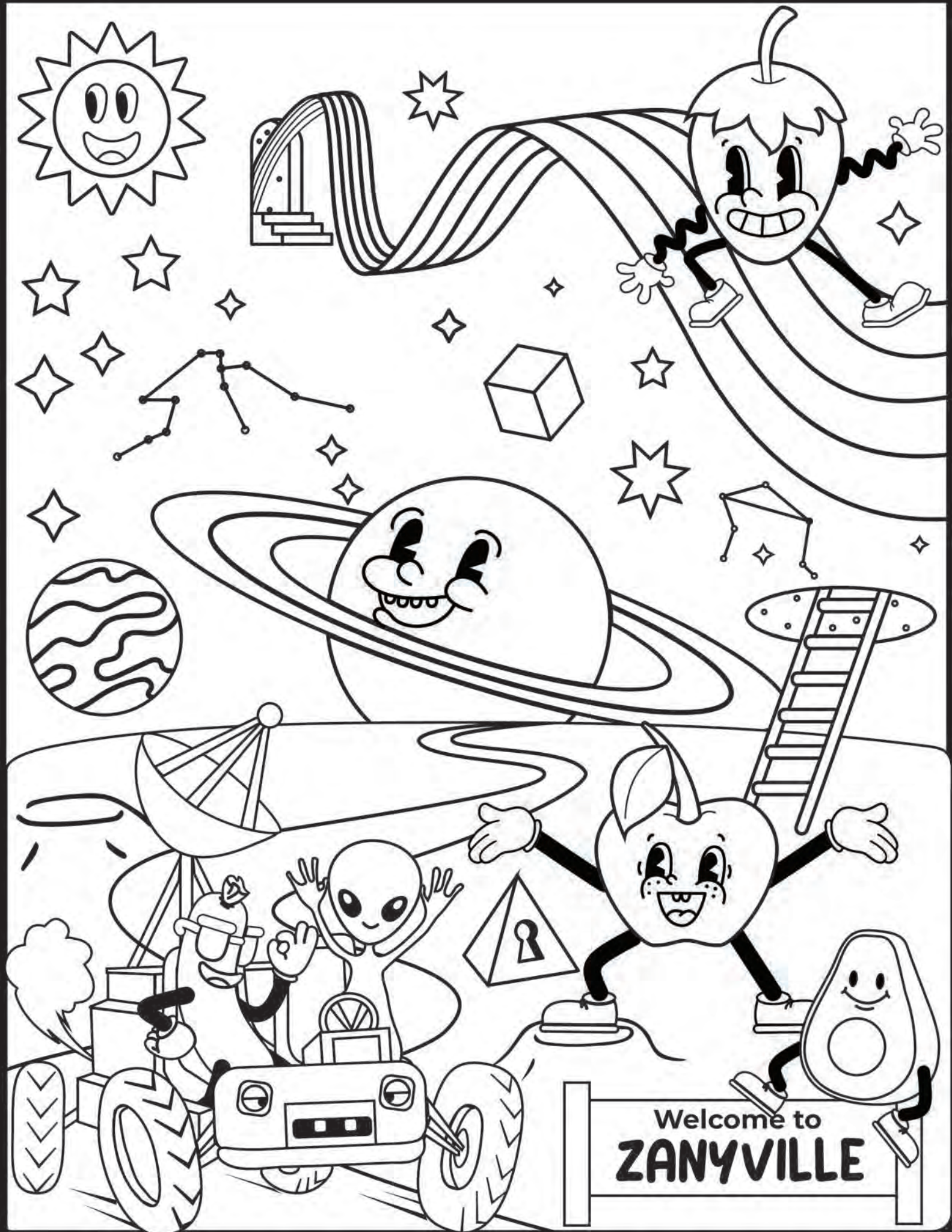


Ok.

To be continued...

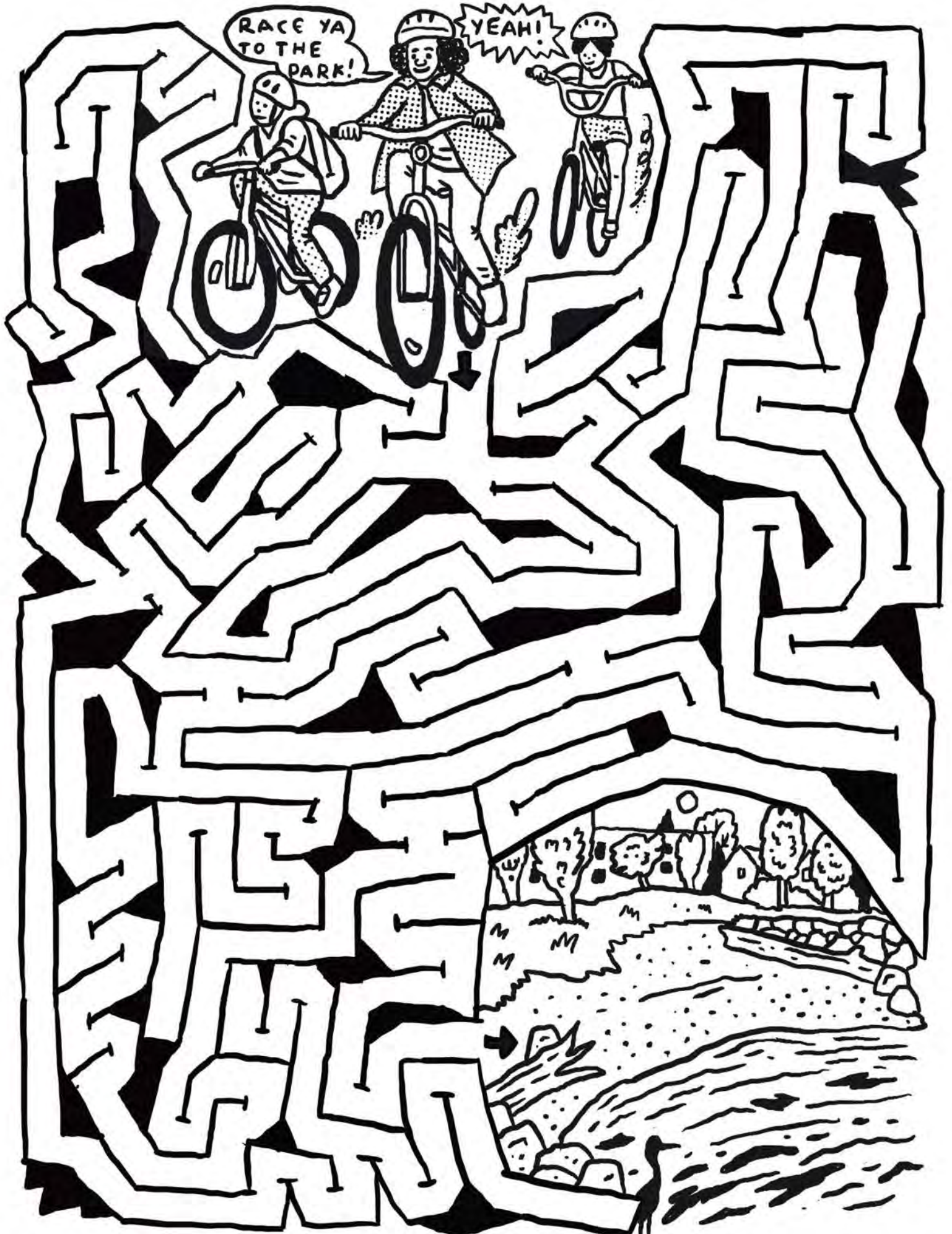
Artwork by Lizzi Akana, Rolando Avila, and Darin Shuler
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Graphic design by Rolando Avila

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.

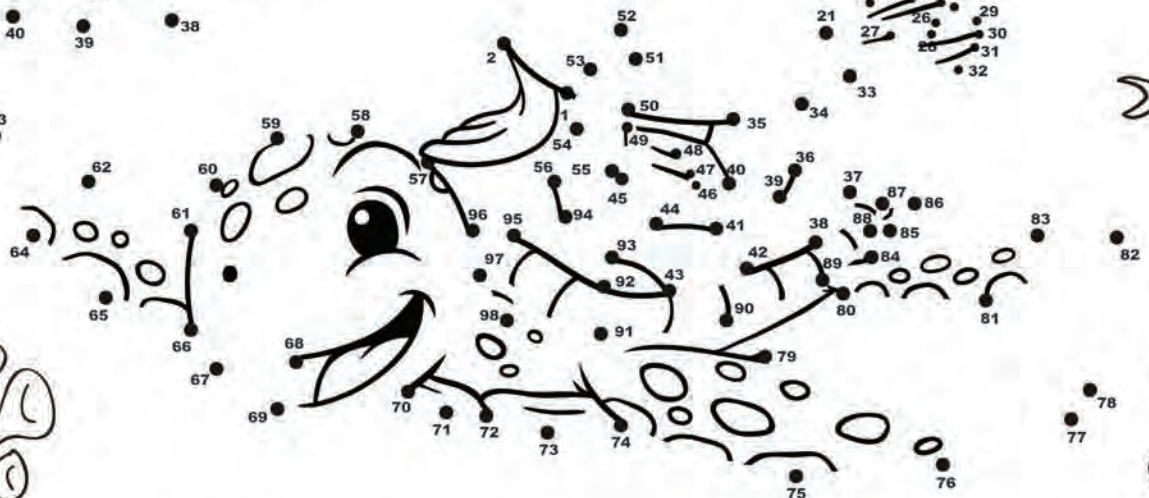
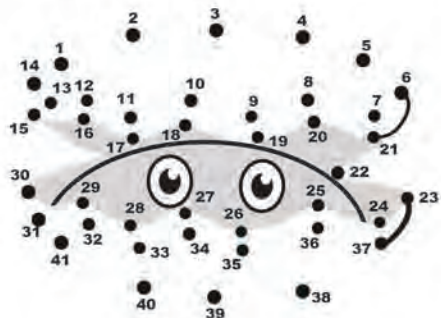






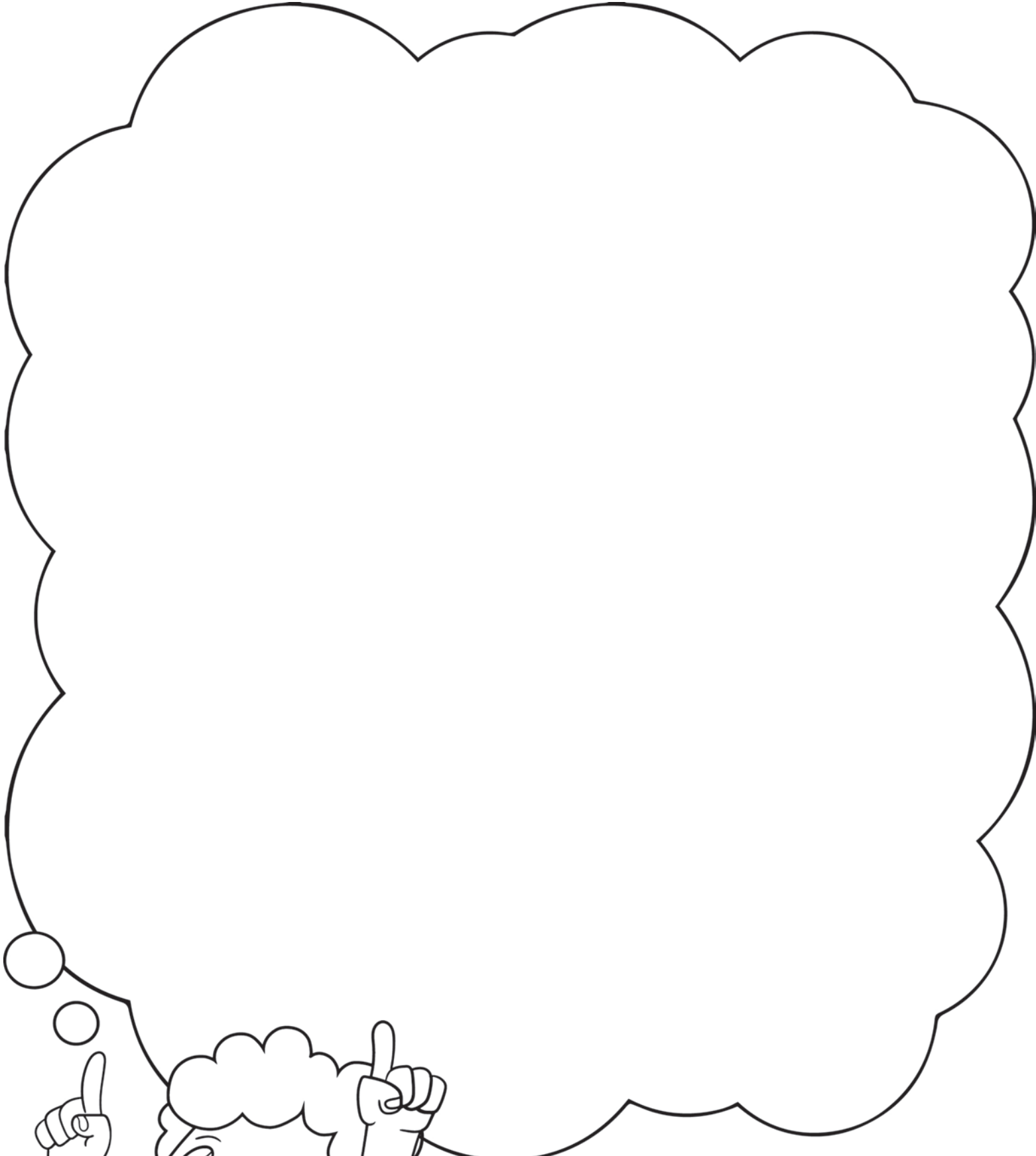
CAN YOU HELP ME FIND THE GARDEN?

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

MAELEZO KWA WAZAZI NA FAMILIA KUHUSU COVID NA CHANJO ZINAZOTOLEWA KWA WATOTO

Je, kwa nini ni muhimu mtoto wangu kupokea chanjo?

Chanjo humlinda mtoto wako dhidi ya ugonjwa mbaya kutokana na magonjwa kama surua, COVID, na polio.

Chanjo hufundisha mwili jinsi ya kujikinga na maambukizo bila hatari ya kuwa mgonjwa sana.

Chanjo hulinda kila mtu katika jamii. Wakati sisi sote tunapokea chanjo, tunazuia magonjwa kuenea. Hiyo ni muhimu sana kwa watoto ambao ni wachanga sana kupokea chanjo na watu ambao miili yao haiwezi kupigana kikamilifu na maambukizo, kama wazee na watu walio na virusi vya ukimwi.

Je, Kuna athari mbaya kutoka kwa chanjo?

Kila matibabu ina athari mbaya, pamoja na chanjo. Athari mbaya hukujulisha kuwa mwili wako unaunda kinga. Athari za kawaida ni pamoja na uchungu, homa kali, na kuhisi uchovu.

Athari mbaya ni nadra sana. Ni nadra kiasi kipi? Kwa kila kipimo cha chanjomilioni, ni watu 1-2 tu ambao watakuwa na athari kubwa ya mzio. Hiyo ni karibu 0.0002% ya chanjo zote zilizopewa.

Ninawezaje kufanya mtoto kudungwa sindano kuwa chini ya mkazo?

- **Pakia mtoto wako toi aipendayo, kitabu, au blanketi ili kuleta faraja. Kuwa mwaminifu kwa mtoto wako.** Fafanua kuwa kudungwa sindano kunaweza finya au kuuma, lakini hakutaumiza kwa muda mrefu.
- **Uliza kutoka kwa muhudumu wa afya ya mtoto wako marashi ya kupunguza maumivu** au dawa ya baridi.
- **Mvuruge mtoto wako wakati anapokea sindano** na wimbo, hadithi, au kumbembeleza.
- **Chukua pumzi za kina na mtoto wako** kusaidia “kupiga mbali” maumivu.

Ni vipi mtoto wangu anaweza kupokea chanjo?

Chanjo ya bure ya COVID-19: Watoto wanaweza kupata chanjo dhidi ya COVID-19 bure katika maduka mengi ya dawa, daktari wao au kliniki, na kutoka kwa maeneo yaliyo orodheshwa kwenye kingcounty.gov/vaccine (tumia menyu ya kushuka kupata lugha nyingi)

Programu ya Chanjo ya Watoto ya Bure: Watoto hadi umri wa miaka 18 wanaweza kupata chanjo bila malipo kutoka kwa watoa huduma wengi wa huduma za afya katika Jimbo la Washington. Kunaweza kuwa na ada ya utawala, lakini unaweza kuuliza kuiondoa. Pata mtoaji au pate msaada na bima kwa kupiga : 1-800-756-5437 (Kiingereza / Kihispania pekee).

Watoto wanaweza kupata chanjo nyingi kwa siku hiyo hiyo. Hii inaweza kukuokoa wakati na pesa!

Maelezo ya ziada: Tembelea kingcounty.gov/findaclinic kwa habari zaidi (Kiingereza / Kihispania pekee).