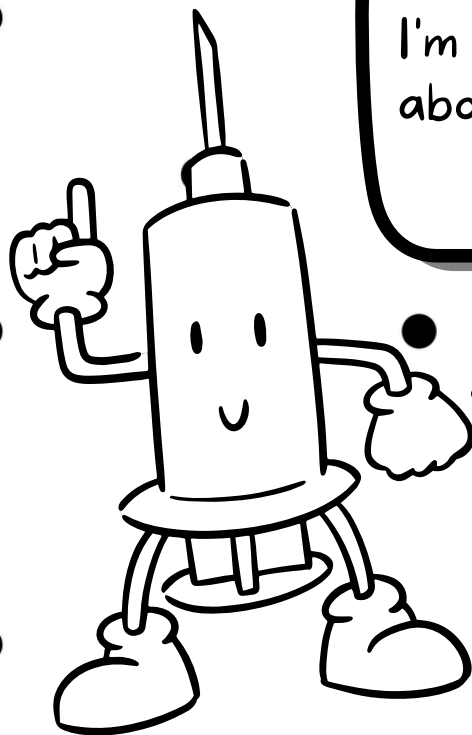


VACCINES
PROTECT ME!

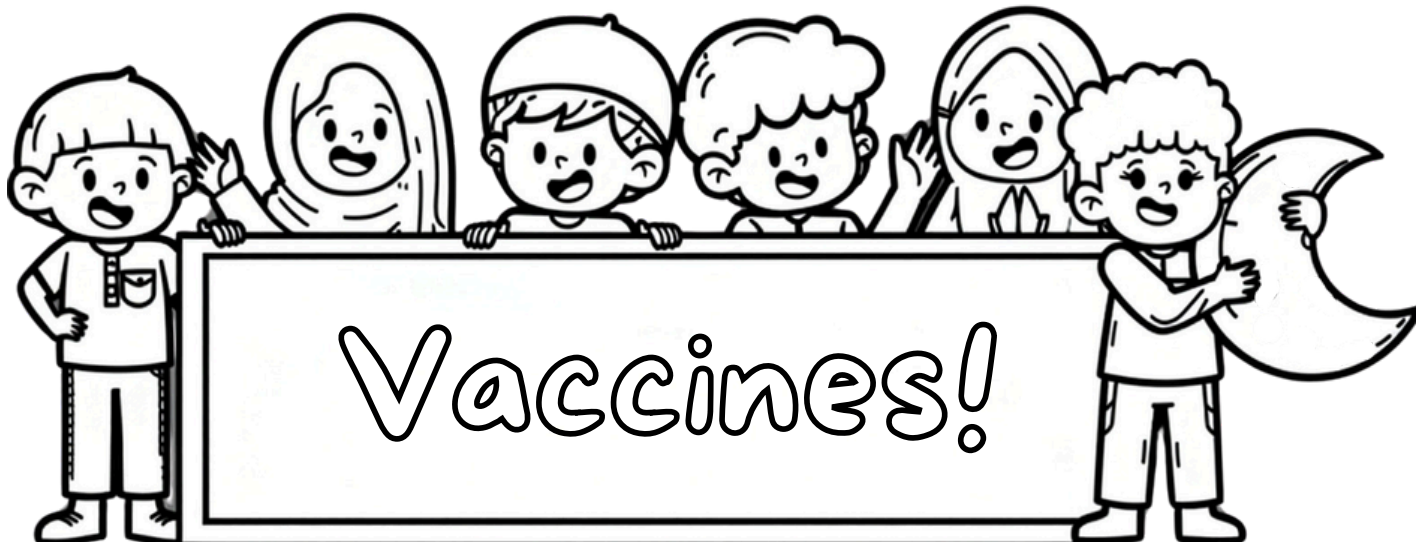
ACTIVITY BOOK

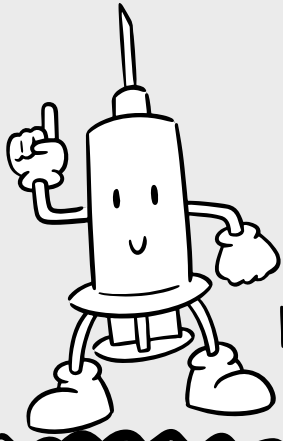


This activity book belongs to:



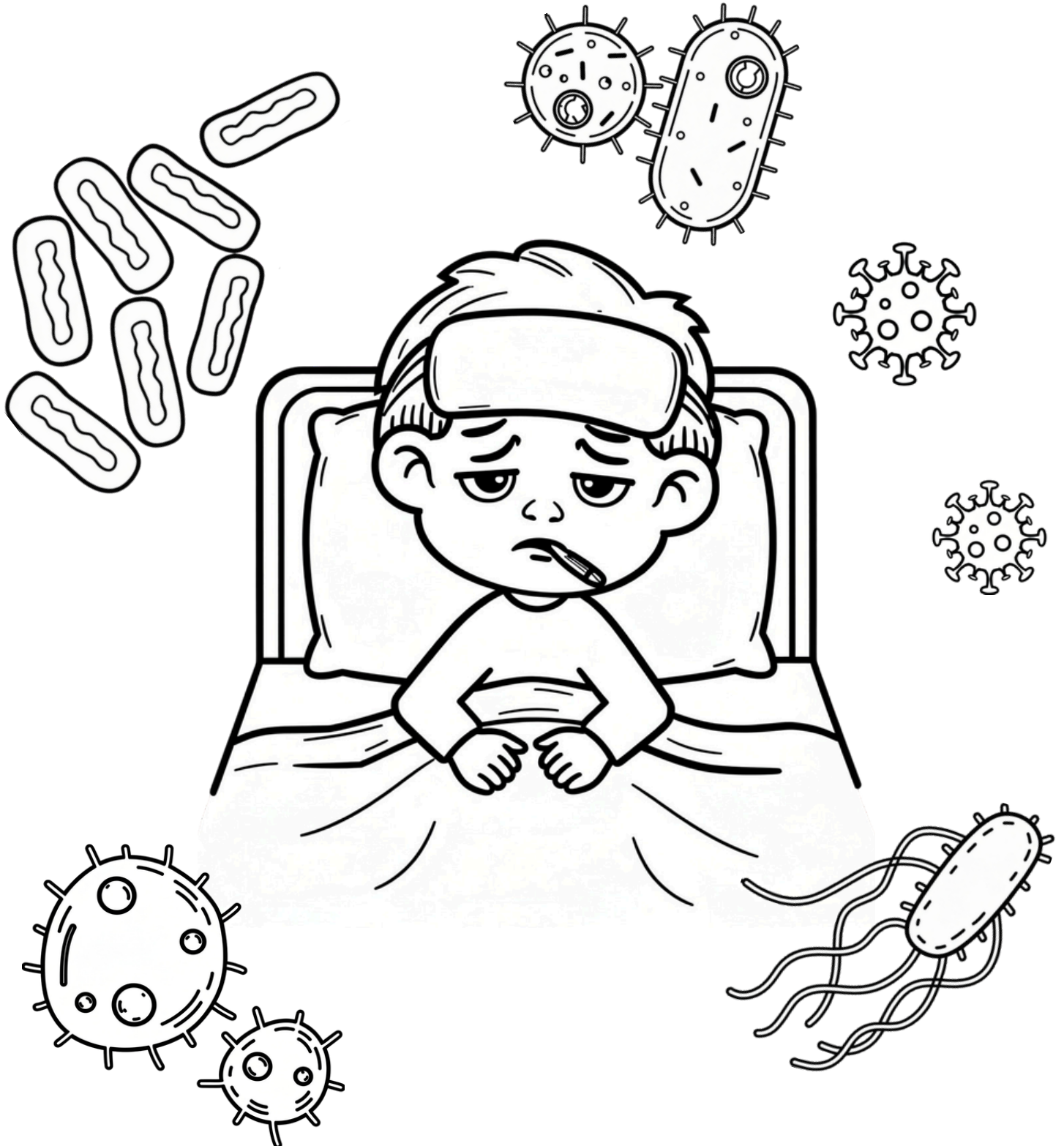
Hi! My name is
Vinny the Vaccine.
I'm here to help you learn
about one important way
to stay healthy.

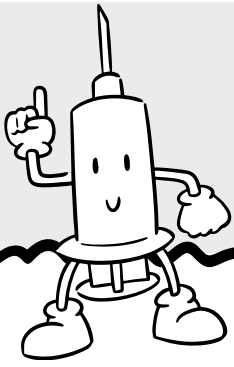




Have you ever been sick and felt tired?
Had a fever, a tummy ache, or a runny nose?
Getting sick is NO FUN!

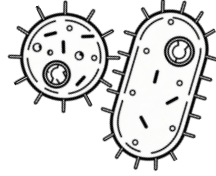
People can get sick when germs enter their bodies.



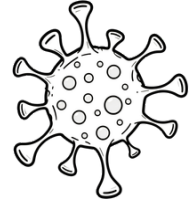


Germs are too small to be seen with your eyes and include things like bacteria and viruses. Despite being so tiny, they can still make you very sick.

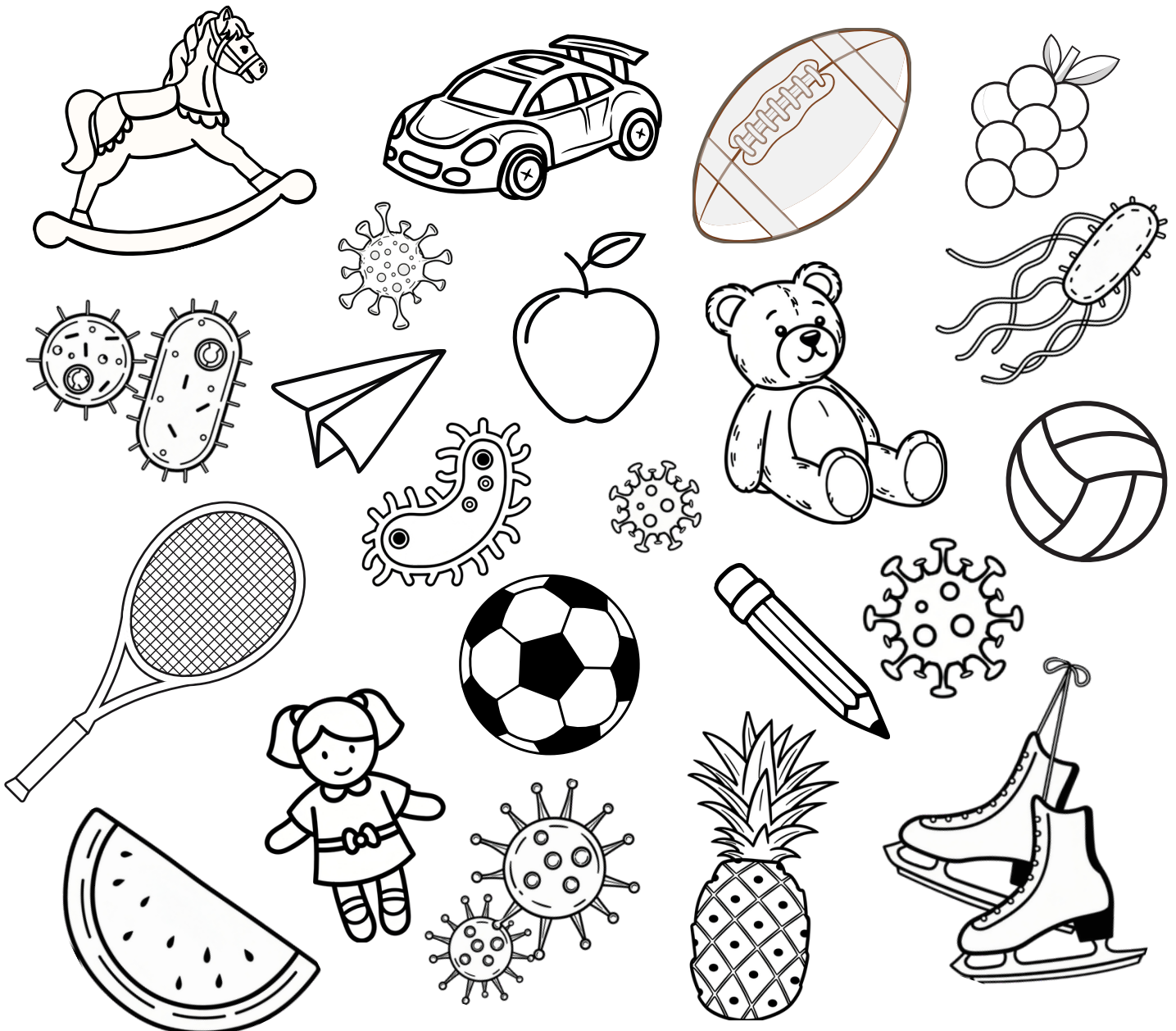
Bacteria



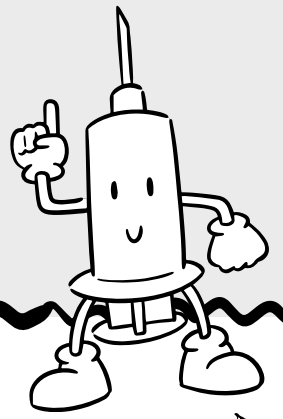
Virus



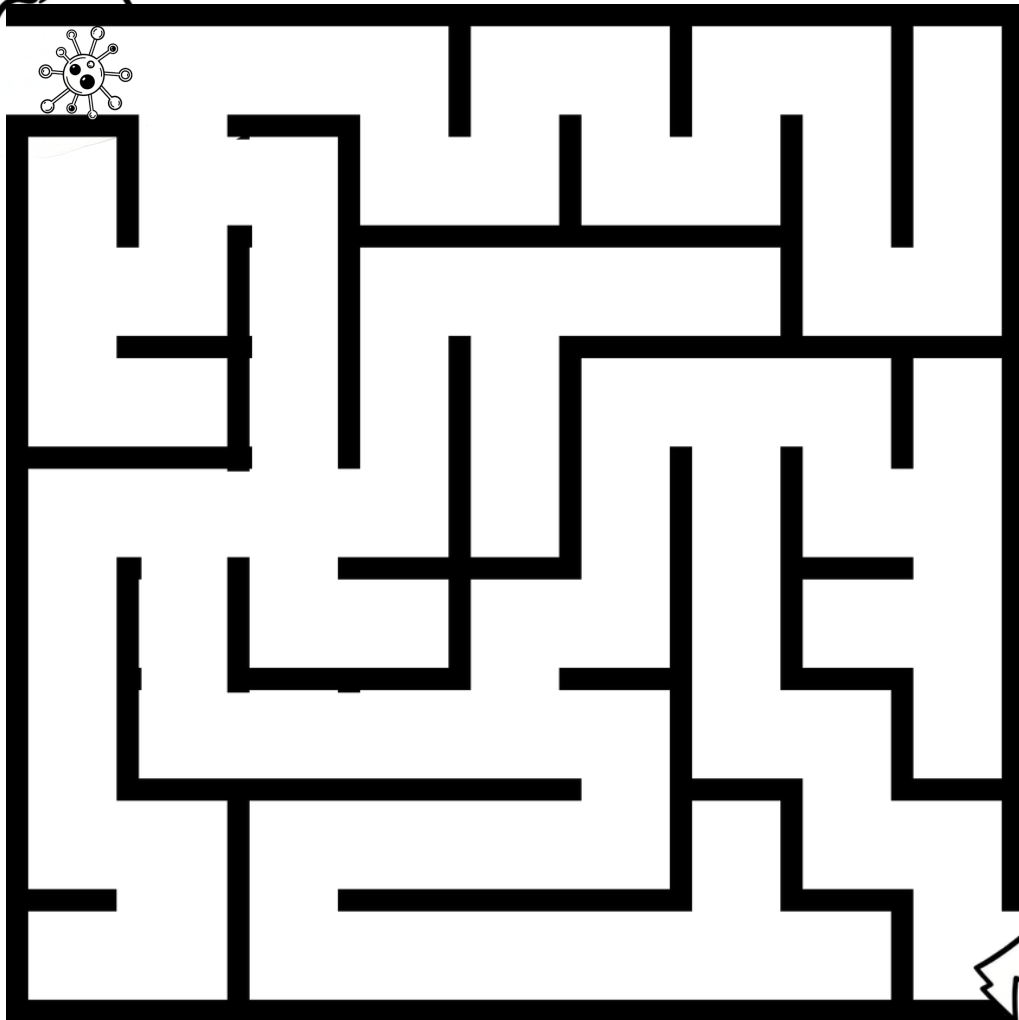
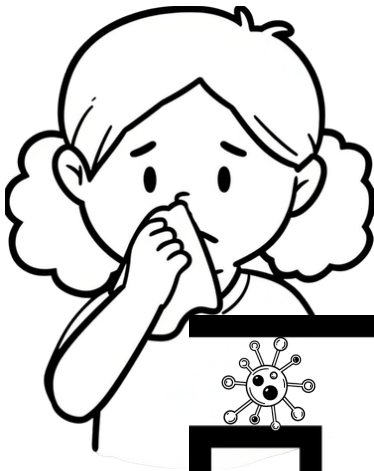
ACTIVITY: Circle all the images of bacteria and viruses below.



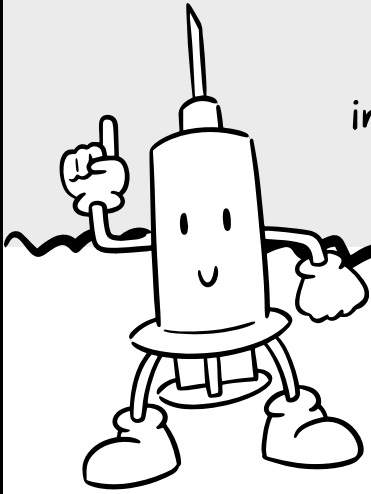
Germs can be spread from person to person through the air in sneezes and coughs. They cause diseases you may have heard of like the cold, flu, stomach viruses, and even chickenpox.



ACTIVITY: Follow the path of the germ through the maze between the two friends in the image below.



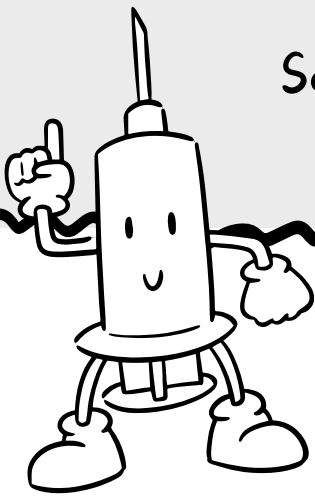
Your body works to protect you against these germs, just like a super hero! Bodies have an incredible immune system to fight against germs and to shield you from getting sick.



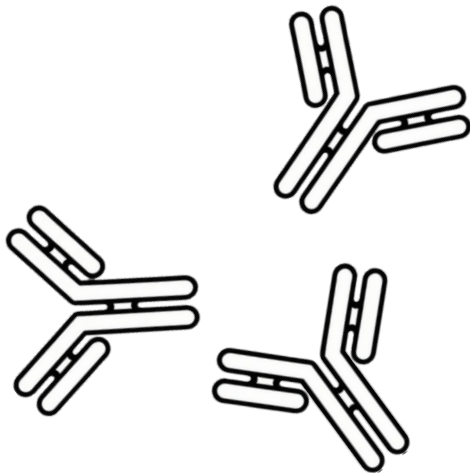
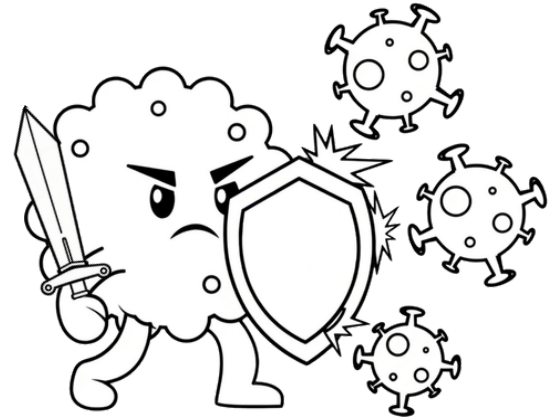
ACTIVITY: Draw in the outfit worn by your favorite super hero!



So I bet you are wondering how your immune system works. Let me explain!



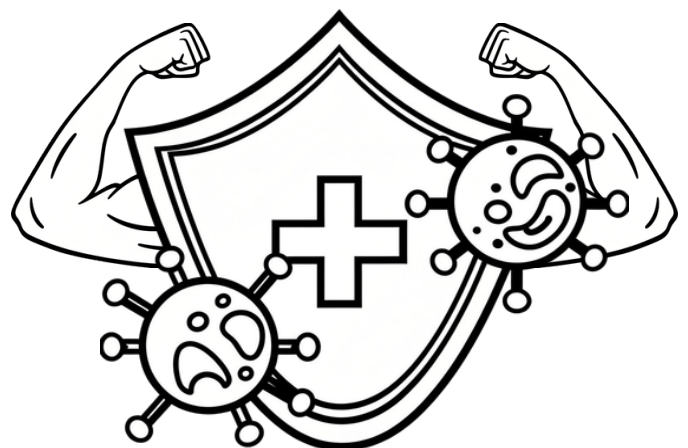
When a germ enters your body, your immune system will find it, know that it's not supposed to be there, and then capture it with cells called white blood cells.



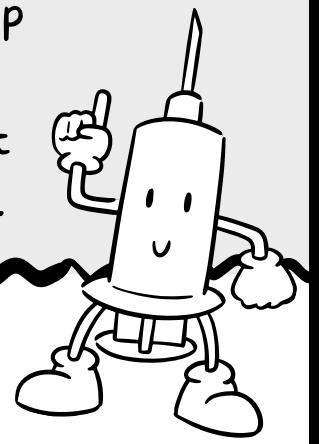
Those white blood cells will help the body make specialized defenders called antibodies.

This is what antibodies look like!

Antibodies search for and destroy dangerous germs. This helps keep you healthy.



For some diseases, scientists created a way to help the immune system prepare for dangerous germs...**VACCINES!** Vaccines are one of the most important tools available to help prevent diseases.

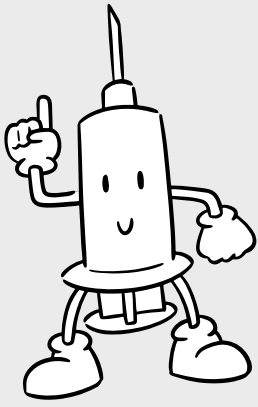


Civilizations across Africa, India, and much of Asia have records of using vaccines for hundreds of years, (some as old as 1000 A.D.)!

ACTIVITY: Draw a line from letter to letter to spell the word **VACCINE!**

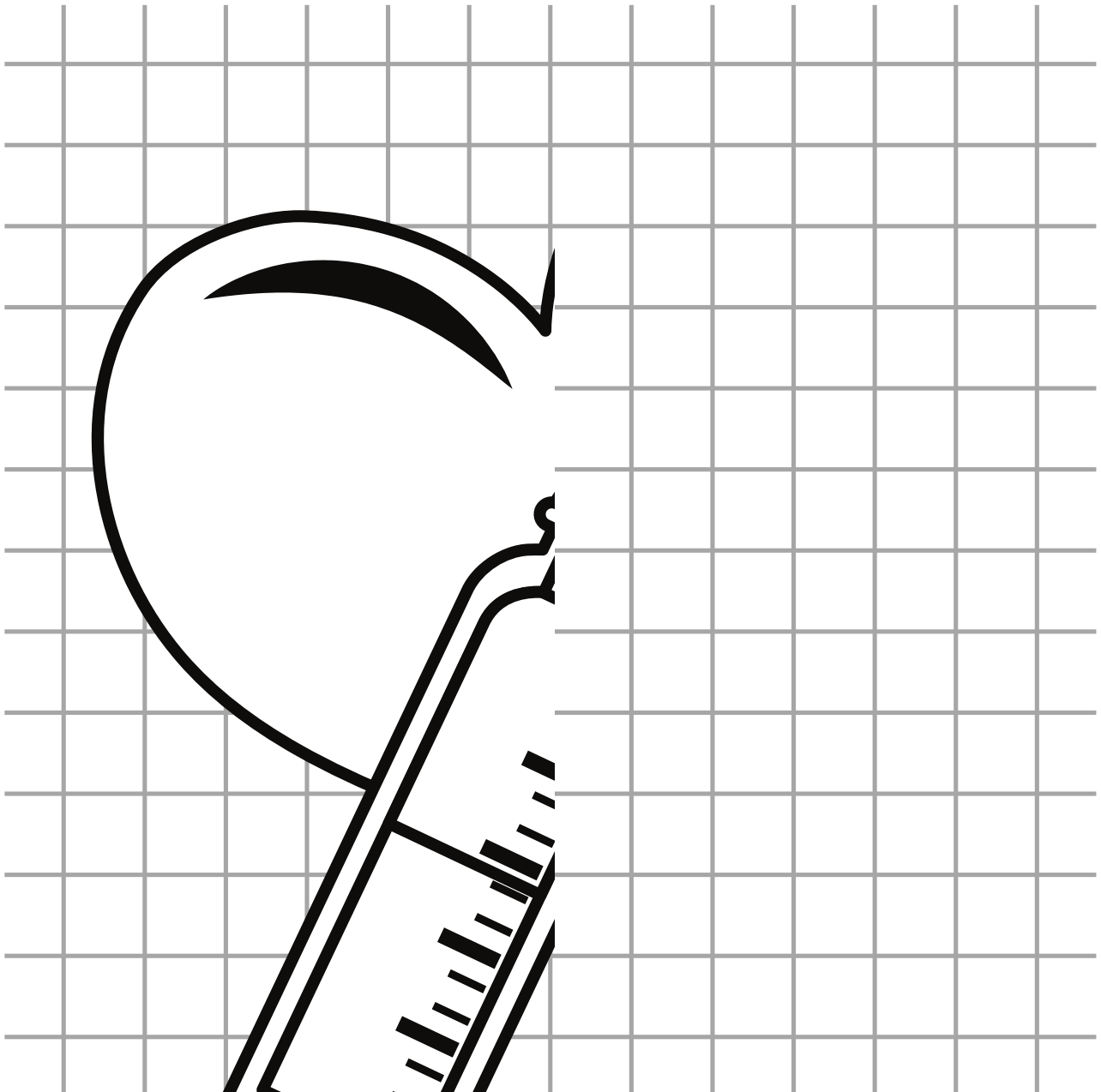


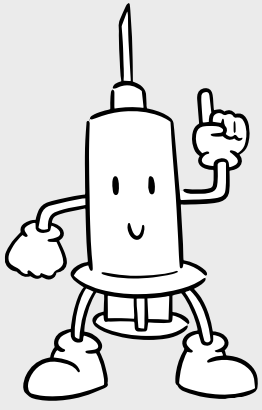
However, in the 1796, a doctor and scientist named Edward Jenner developed the first scientific process for creating a vaccine to protect against a disease called smallpox. He took such good notes, that he's called "The Father of Vaccines!"



Vaccines are shots that teach your immune system to identify and protect against harmful germs without you having to get sick. They help your body create antibodies made to search for and destroy specific germs. They help your body fight germs **BEFORE** they make you sick!

ACTIVITY: Use the grid to help complete the other half of this image:



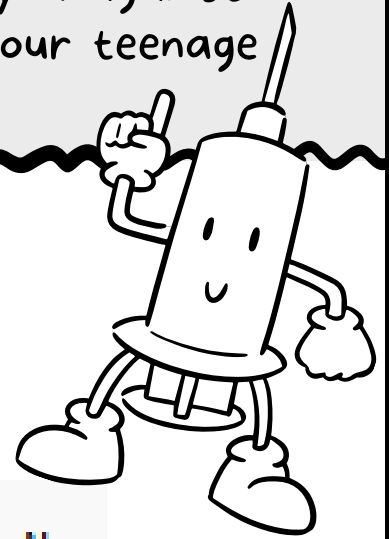


Vaccines are needed from the time you are a baby all the way through becoming an adult. Getting vaccinated protects you, your family, and others. When enough people are vaccinated against a disease, it's harder for that disease to spread to others. This means that your entire community receives some protection.

ACTIVITY: Use the space above to draw a picture of your family and friends that you protect by getting vaccinated.



There are a number of vaccines that protect you against different diseases in childhood and throughout your teenage years!

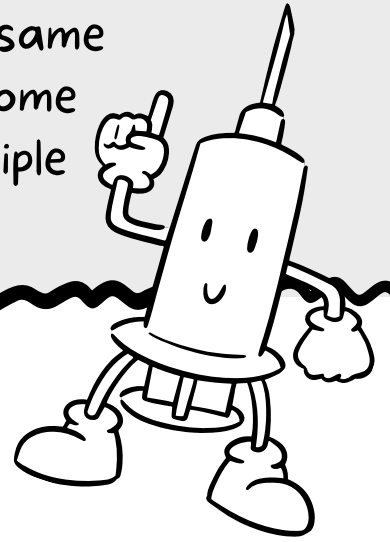


ACTIVITY: Find the listed disease names in the word search below. The diseases are listed at the bottom of this page.

C O V I D X R T Y U P L Q A Z M N
H E P A T I T I S A B C D E F G H
P N E U M O C O C C A L I J K L M
R U B E L L A N O P Q R S T U V W
M E A S L E S X Y Z A B C D E F G
D I P H T H E R I A H I J K L M N
H E P A T I T I S B O P Q R S T U
I N F L U E N Z A V W X Y Z A B C
P O L I O D E F G H I J K L M N O
T E T A N U S P Q R S T U V W X Y
H I B H P V Z A B C D E F G H I J
M U M P S K L M N O P Q R S T U V
C H I C K E N P O X W X Y Z A B C
M E N I N G O C O C C A L D E F G
P E R T U S S I S H I J K L M N O
R O T A V I R U S P Q R S T U V W
Z Y X W V U T S R Q P O N M L K J

- COVID-19
- Chickenpox
- Diphtheria
- Hepatitis A
- Hepatitis B
- Hib
- HPV
- Influenza
- Measles
- Meningococcal
- Mumps
- Pertussis
- Polio
- Pneumococcal
- Rotavirus
- Rubella
- Tetanus

Sometimes you will need multiple doses of the same vaccine to get full protection. Fortunately, some vaccines were made to protect against multiple diseases at the same time.

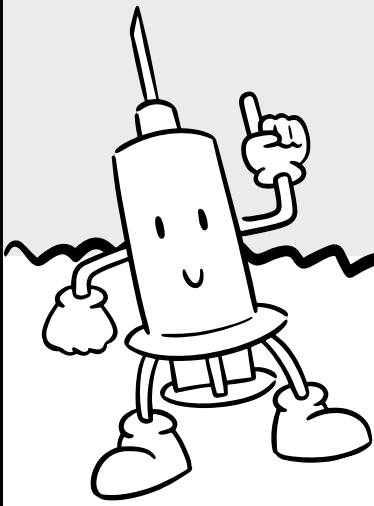


ACTIVITY: Draw a line from each disease to the vaccine vial that it belongs to. The answers are at the bottom of the page.

- Diphtheria
- Measles
- Mumps
- Pertussis
- Rubella
- Tetanus

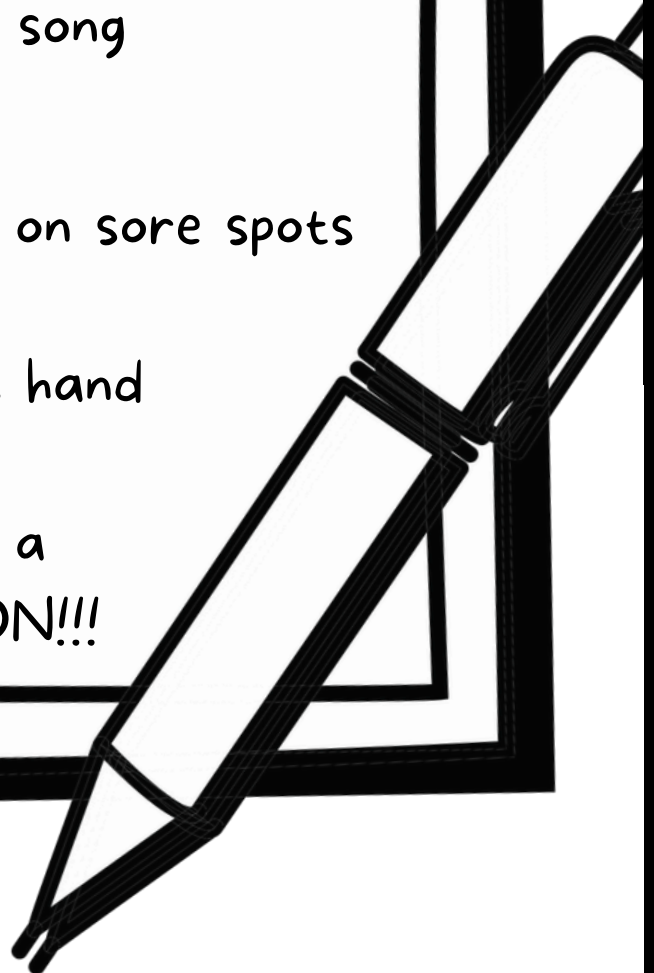
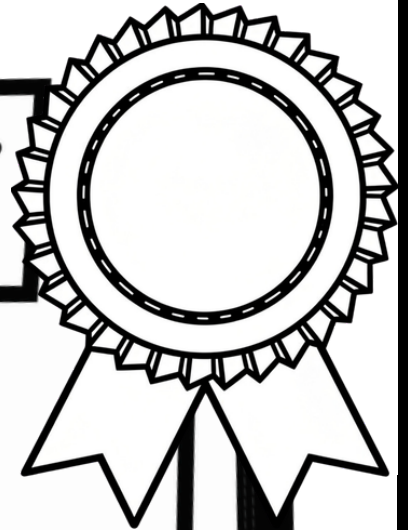


If you are nervous about getting shots, that's normal! Here are some tips that can help you to feel calm while getting your shots.

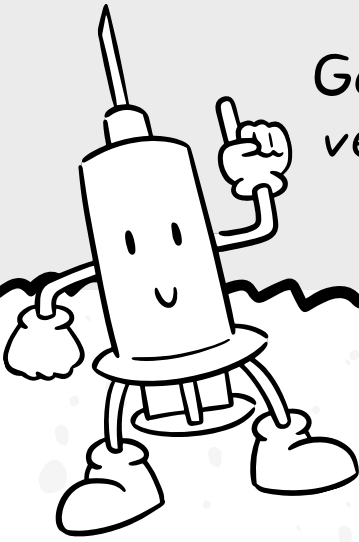


TO DO LIST

- Bring your favorite toy
- Ask for a lollipop after your shot
- Sing your favorite song
- Apply a cool towel on sore spots
- Hold your parent's hand
- Remember you are a vaccine CHAMPION!!!



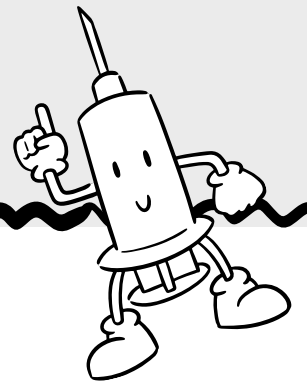
Getting your shots shouldn't hurt much, or for very long and they are very important to help you stay healthy.



My arm feels a little sore after my shot, but it's ok because I know it means my immune system is getting ready to fight off bad germs that can cause me to get sick.



In addition to getting your shots, you can take some other steps to avoid getting sick such as:



Avoid touching
your eyes, nose,
or mouth

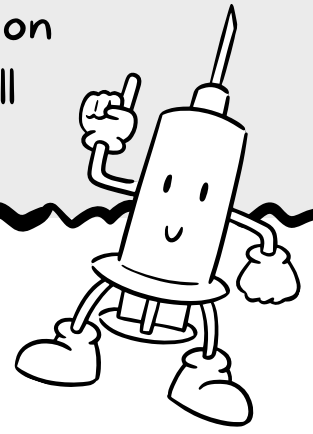
Washing your
hands

Get plenty of rest

Cough into a
tissue or your
elbow

Stay home if you
are sick

It is important to have a copy of your immunization record to make sure you are up to date with all recommended vaccines.



ACTIVITY: Ask an adult to help you identify which of the vaccines below you have already received and mark them in the table.

Vaccine	Received	Date(s) Received
Hep B (hepatitis B)		
DTaP (diphtheria, tetanus, and pertussis)		
IPV (polio)		
Hib (Haemophilus influenzae type b)		
PCV (pneumococcal disease)		
RV (rotavirus)		
Influenza		
MMR (measles, mumps, and rubella)		
Varicella (chickenpox)		
Hep A (hepatitis A)		
COVID-19		

Some people may need other vaccines for reasons such as travel, or having a particular illness. Your doctor can tell you which other vaccines you may need.

This activity book was developed by the
New Jersey Department of Health
Vaccine Preventable Disease Program.

For more information, please visit:

nj.gov/health/cd/vpdp

