



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.

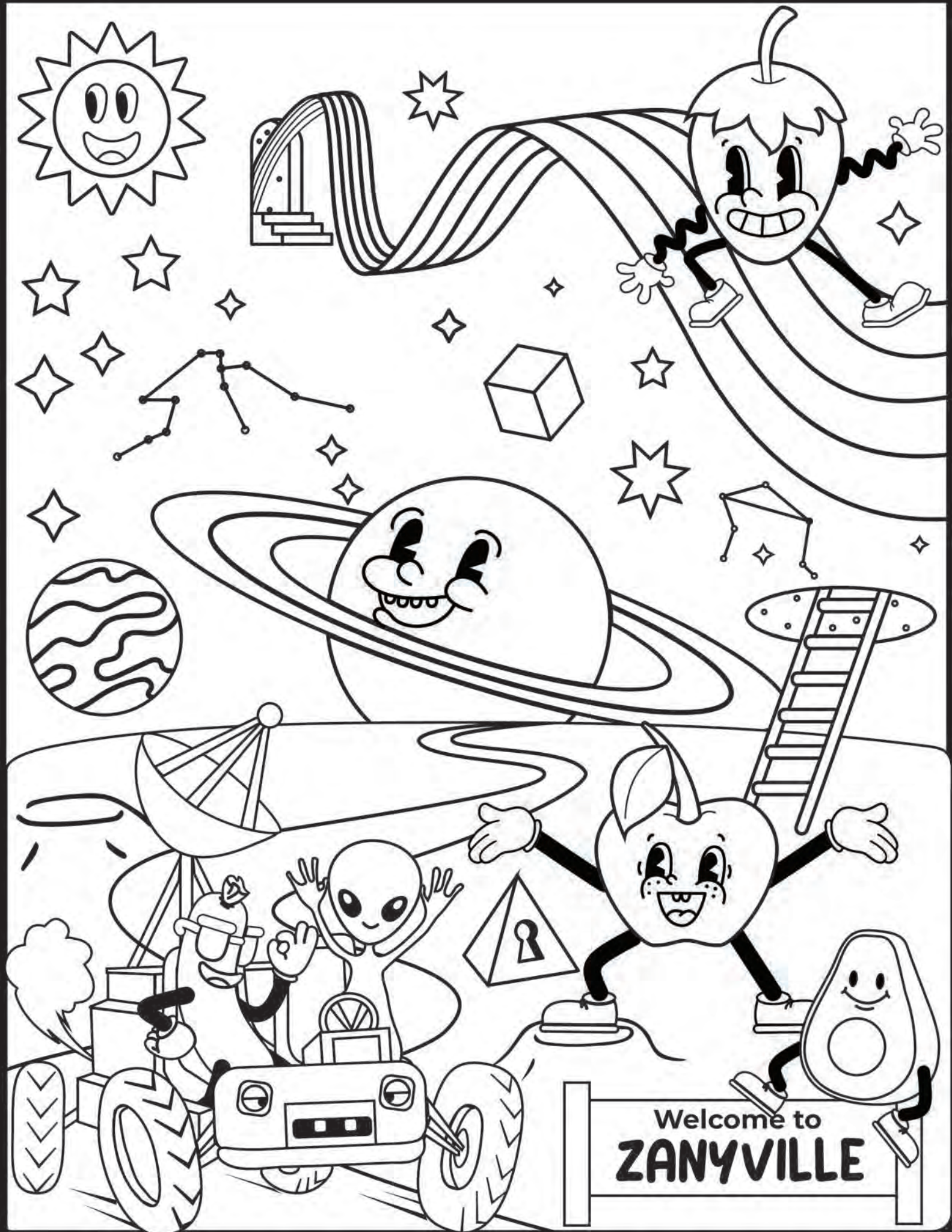


Ok.

To be continued...

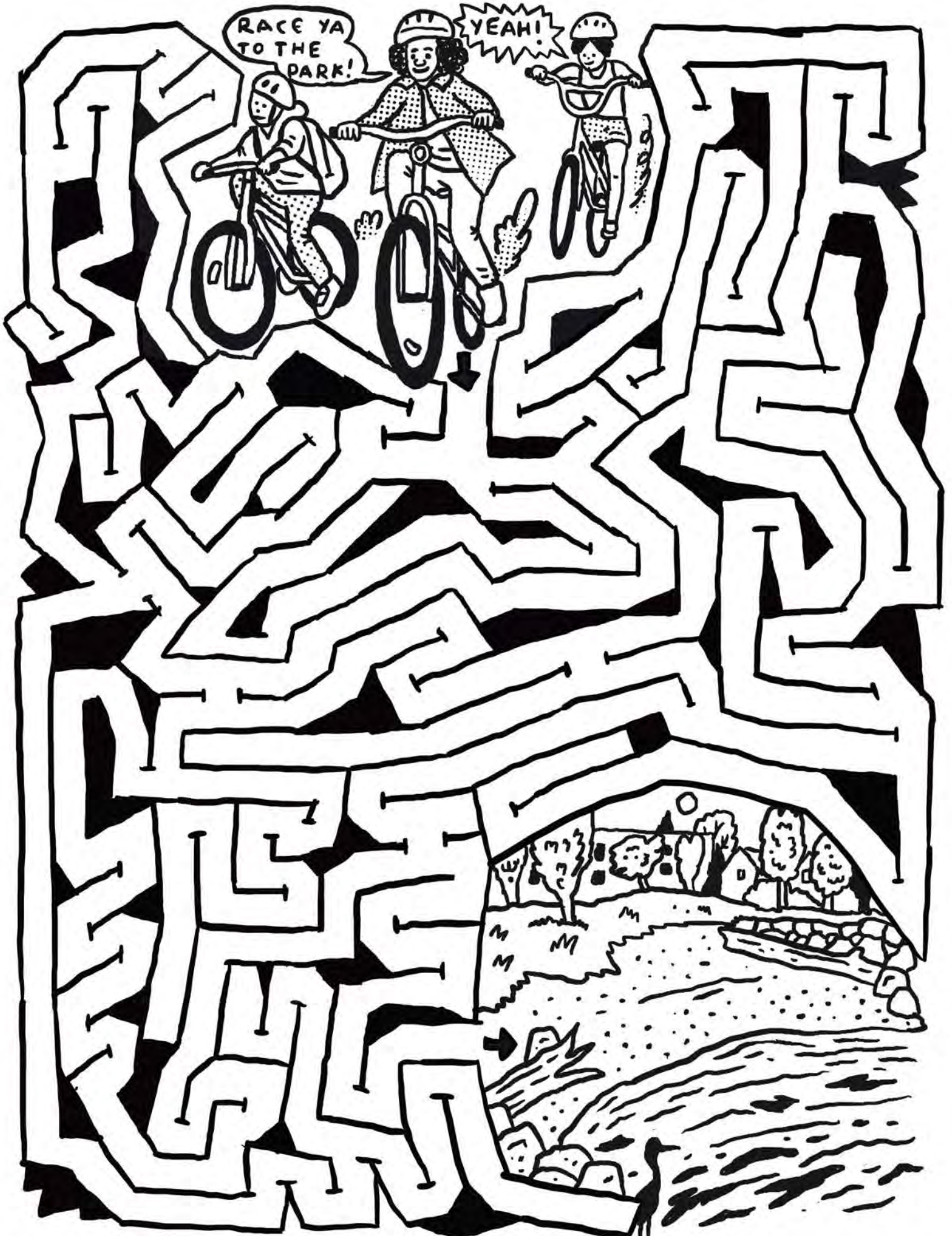
Artwork by Lizzi Akana, Rolando Avila, and Darin Shuler  
Writing and art direction by Meredith Li-Vollmer  
Graphic design by Rolando Avila

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.



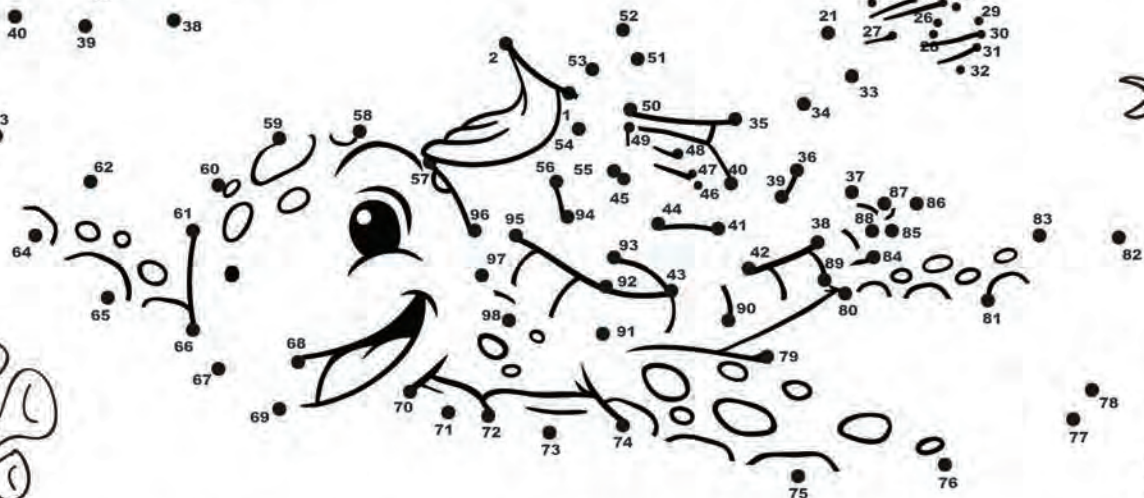
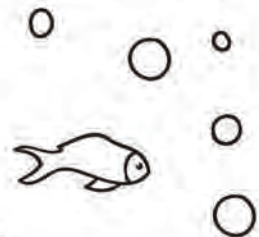
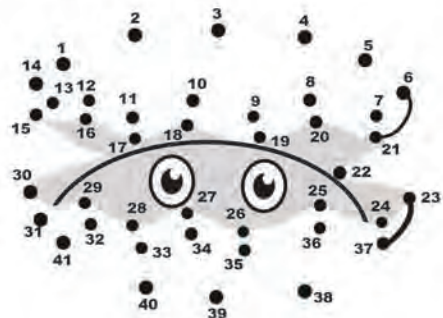




CAN YOU  
HELP ME  
FIND THE  
GARDEN?

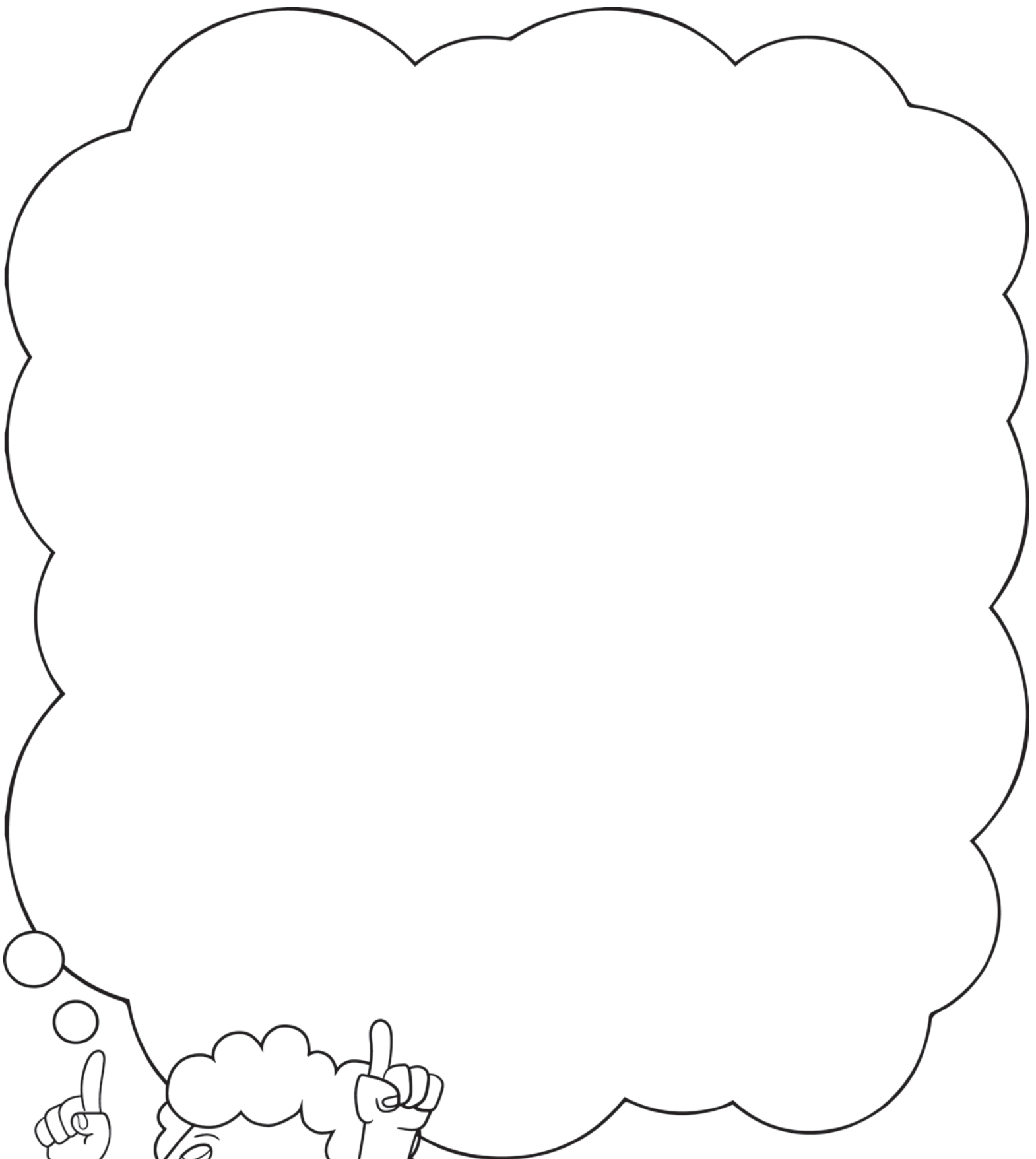
I NEED  
A SNACK!





**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

# ሓበሬታ ንወለድን ስድራቤታትን ብዛዕባ ናይ ኮቪድን ካልእን ክታበታት ንቐልዑ

## ውላደይ ክኸተብ ንምንታይ ኣገዳሲ እዩ?

ክታበት ንውላድካ ካብ ከቢድ ሕማም ካብ ከም ሕማም ዕንፍፍር፣ ኮቪድን ፖልዮን ይከላኸል።

ክታበት ኣካላትና ንናይ ከቢድ ሕማም ሓደጋ ከይተቃልዐ ከመይ ጌሩ ካብ ረኽሲታት ክከላኸል ከም ዝኸእል የምህር።

ክታበት ንኹሉ ኣብቲ ሕብረተሰብ ዘሎ ሰብ ይከላኸል። ኩላትና እንተደኣ ክታበት ወሲድና ሕማም ከይላባዕ ንከላኸል። እዚ ብፍላይ ነቶም ዝተወሰኑ ክታበት ክወስዱ ኣዝዮም ንኣሸቱ ንዝኹኑ ዕሸላትን ኣካላቶም ንረኽሲ ምሉእ ብምሉእ ክቃለስ ንዘይክእለሎም ሰባትን ከም ኣረጋውያንን ኤችኣይቪ ዘለዎም ሰባትን ኣገዳሲዮ።

## ካብ ክታበት ዝመጽኡ ጎናዊ ሳዕቤናት ኣለው ዶ?

ኩሎም ክታበታት ጎናዊ ሳዕቤናት ኣለዎም። ጎናዊ ሳዕቤናት ክታበት ኮቪድ-19ን ቡስተር ዶዝን፣ ሰዓል፣ ቃንዛ ቅልጽም፣ ሕማም ርእሲ፣ ቃንዛ ጭዋዳታት፣ ወይ ድኻም ክኸውን ይኸእል።

ንክታበት ሓዊሱ ኩሎም ሕክምናታት ጎናዊ ሳዕቤናት ኣለውዎም። ቅልል ዝበሉ ጎናዊ ሳዕቤናት ኣካላትና መከላኸሊ ይሃንጽ ከምዘሎ ይሕብሩና። ልሙዳት ጎናዊ ሳዕቤናት ስዓል/ምቁሳል፣ ቅልል ዝበለ ረስኒን ድኻምን የጠቓልል። ከቢድ ጎናዊ ሳዕቤናት ኣዝዮም ሳሕቲ እዮም ዝረእዩ። ክሳብ ክንደይ ሳሕቲ? ኣብ ነፍሲ ወከፍ ሚልዮን መጠን ክታበት ካብ 1-2 ሰባት ጥራይ እዮም ከቢድ ኣለርጂ ዝህልዎም።እዚ ድማ ኣስታት 0.0002% ካብ ኩሉ'ቲ ዝወሃብ ክታበትዮ።

## ከመይ ጌረ እዩ ክታበት ኣብ ምውሳድ ንዝመጽእኡ ጭንቐት ከም ዝንኪ ዝገብር?

- ንምቕንባው ስምዒት ወይ ከቃጽል ከም ዝኸእሉ፤ ግን ከኣ ንነዊሕ ከም ዘይጎድኡ ግለጽ።
- ንወሃቢ ክንክን ጥዕና (ሓኪምካ) ንውላድካ ቃንዛ ዘቃልል ቅብኣት ወይ መዝሓሊ ስፕሬይ/ዝንፋሕ ክህበካ ሕተቶ።
- ውላድካ ብደርፊ፣ ብዘንታ፣ ወይ ብምሕቓፍ ክታበት እናወሰደ ከሎ ኣድህብኡ ቀይሮ።
- እቲ ቃንዛ “ንኸጠፍእ” ንምሕጋዝ ምስ ውላድካ ኣዕሚቕካ ኣስተንፍስ።

## ከመይ ጌረ'የ ውላደይ ክታበት ከምዝወስድ ዝግብር?

መደብ ነጻ ክታበት ንህጻናት፡- ክሳብ 18 ዓመት ዝዕድሚኦም ህጻናት ካብ ብዙሓት ወሃብቲ ክንክን ጥዕና ግዝኣት ዋሽንግተን ብዘይ ዝኾነ ወጻኢታት ክታበት ክወስዱ ይኸእሉ። ናይ ምምሕዳር ክፍሊት ክህሉ ይኸእል ፤ ግን ንክሕደገልካ ክትሓትት ትኸእል ኢኻ። ወሃቢ ኣገልግሎት ድለዩ ወይ ድማ ብዛዕባ መድሕን ሓገዝ ብ CHAP: 1-800-756-5437 (እንግሊዝኛ/ስጳኛ ጥራይ) ብምድዋል ርኽቡ።

ነጻ ክታበት ኮቪድ-19፡- ህጻናት ኣብ ብዙሓት ፋርማሲታት ፣ ሓኪምም ወይ ክሊኒክ ከምኡ'ውን ኣብ [kingcounty.gov/vaccine](http://kingcounty.gov/vaccine) ካብ ዝተዘርዘሩ ቦታታት (ንዝትፈላለዩ ቋንቋታት ንቐልቁል ዝወርድ ዝርዝር ተጠቐሙ) ኣንጻር ኮቪድ-19 ብነጻ ክኸተቡ ይኸእሉ።

ህጻናት ብዘይ ስግኣት ኣብ ሓደ መዓልቲ ብዙሕ ክታበት ክወስዱ ይኸእሉ። እዚ ድማ ግዜን ገንዘብን ክቐጥበልካ ይኸእል እዩ!

• ተወሳኺ ሓበሬታ፡ ንዝያዳ ሓበሬታ ኣብ [kingcounty.gov/findaclinic](http://kingcounty.gov/findaclinic) ተወከሱ (ብእንግሊዝኛ/ስጳኛ ጥራይ)።

