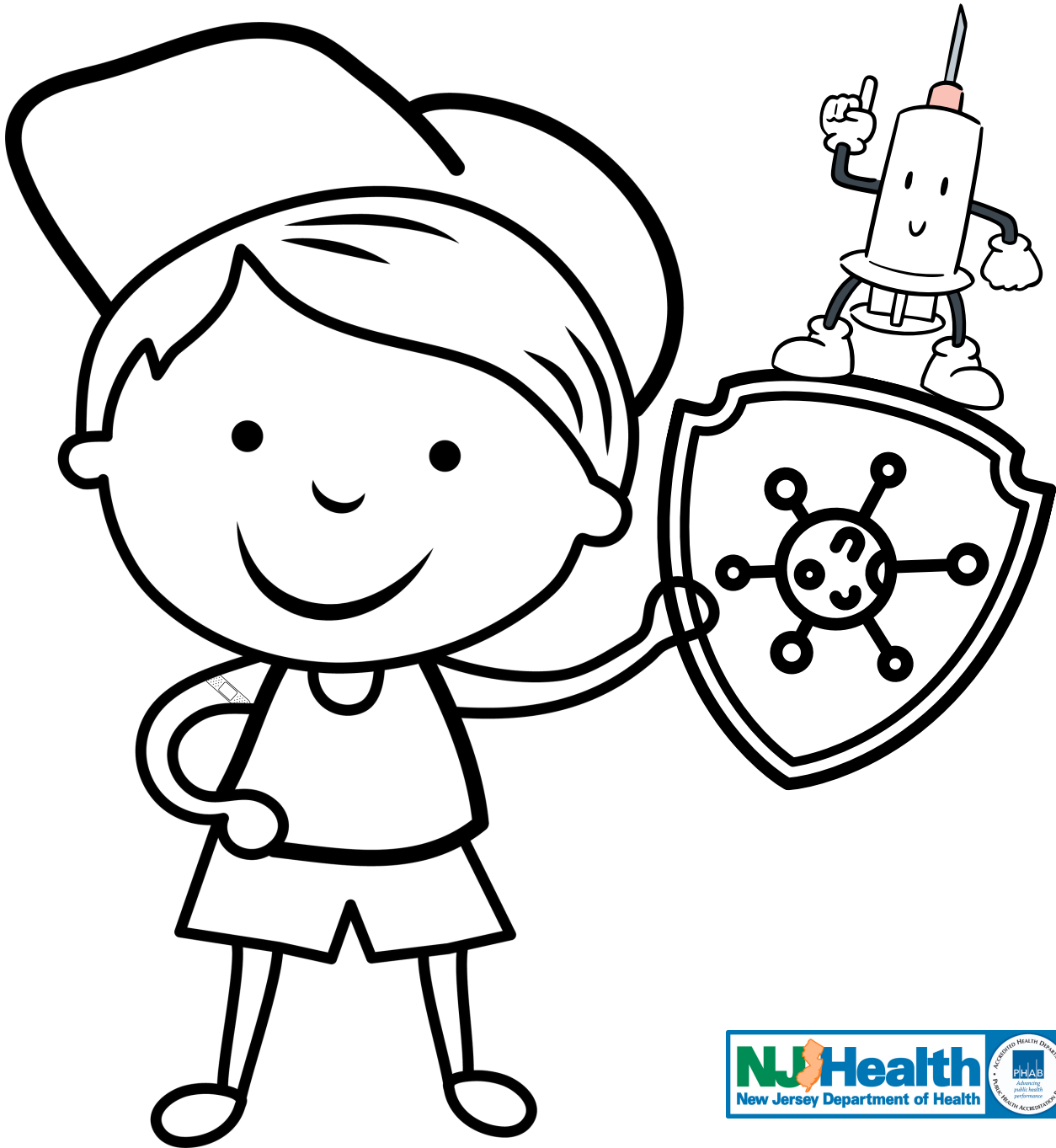


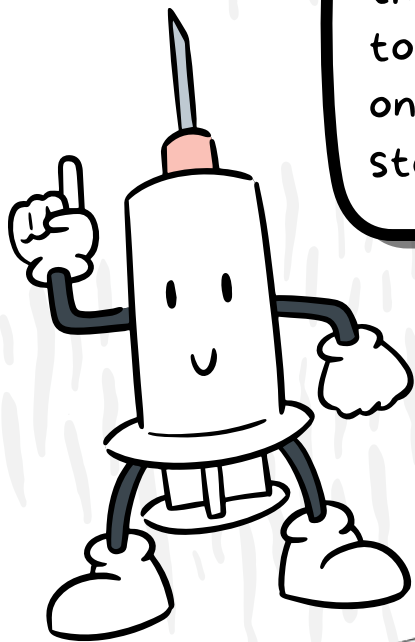
# VACCINES PROTECT ME!

## ACTIVITY BOOK





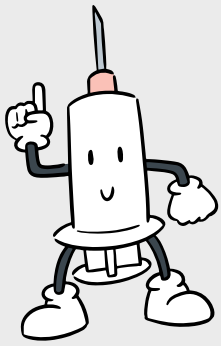
This activity book belongs to: \_\_\_\_\_



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

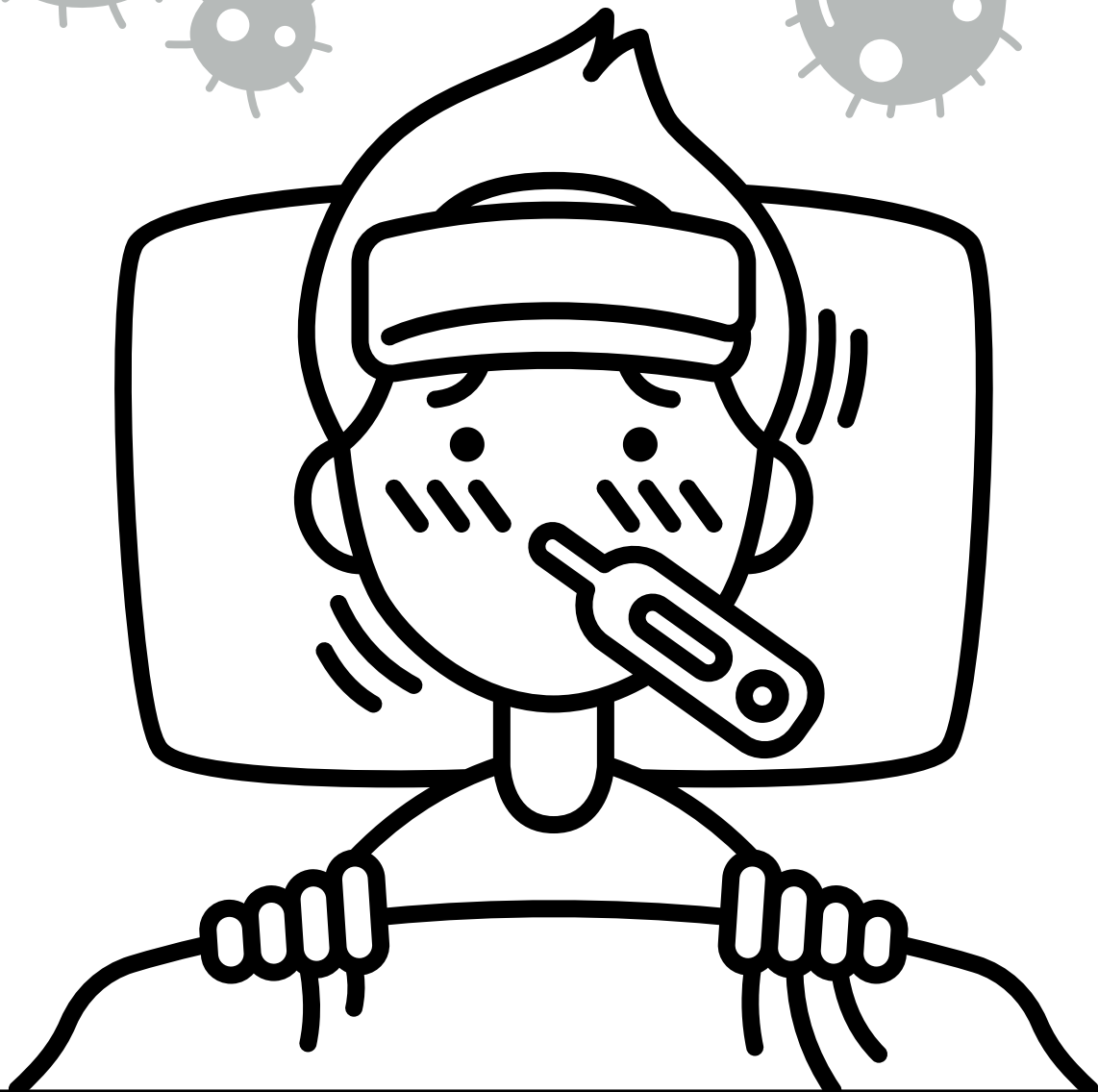
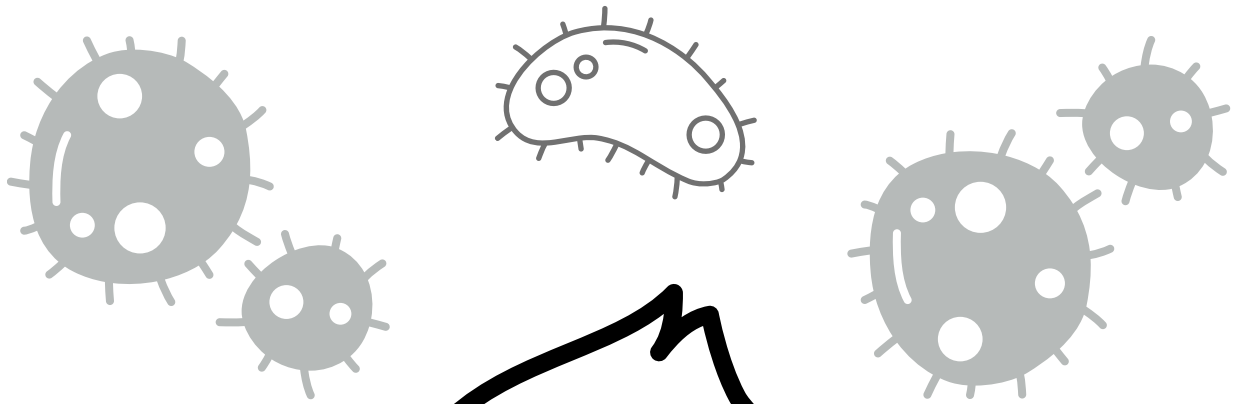
# Vaccines!

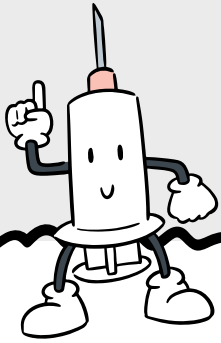




Have you ever been sick and felt tired, had a fever, or had a runny nose? Getting sick is NO FUN!

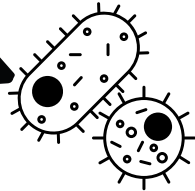
People can get sick when germs enter their bodies.



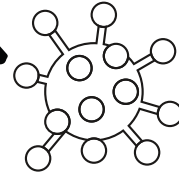


Germs are tiny living things like bacteria and viruses. They are too small to see with just your eyes, but they can still make you sick.

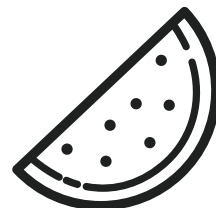
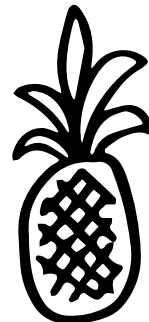
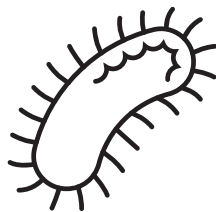
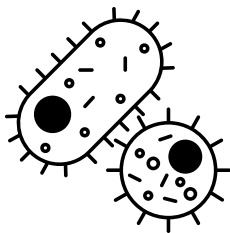
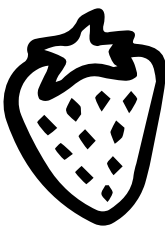
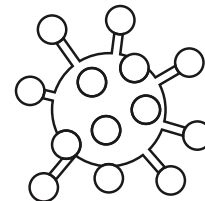
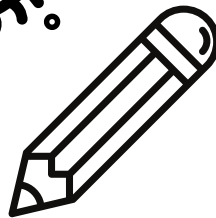
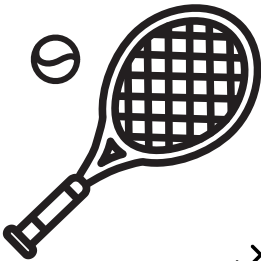
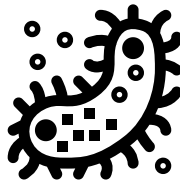
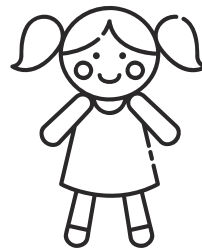
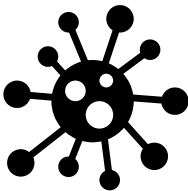
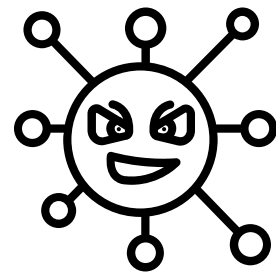
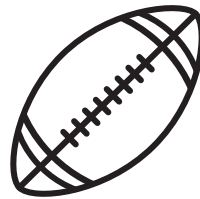
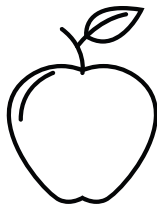
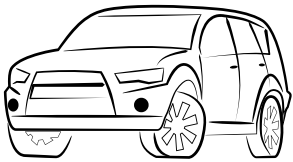
Bacteria



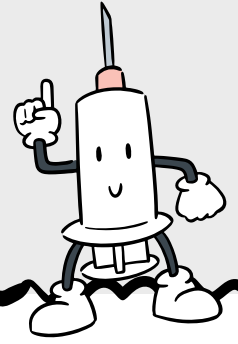
Virus



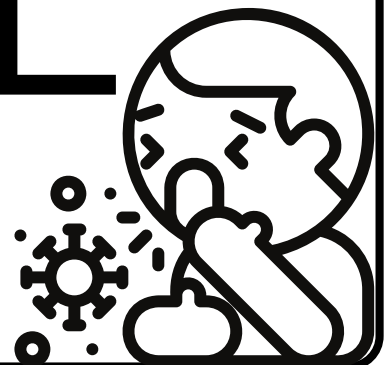
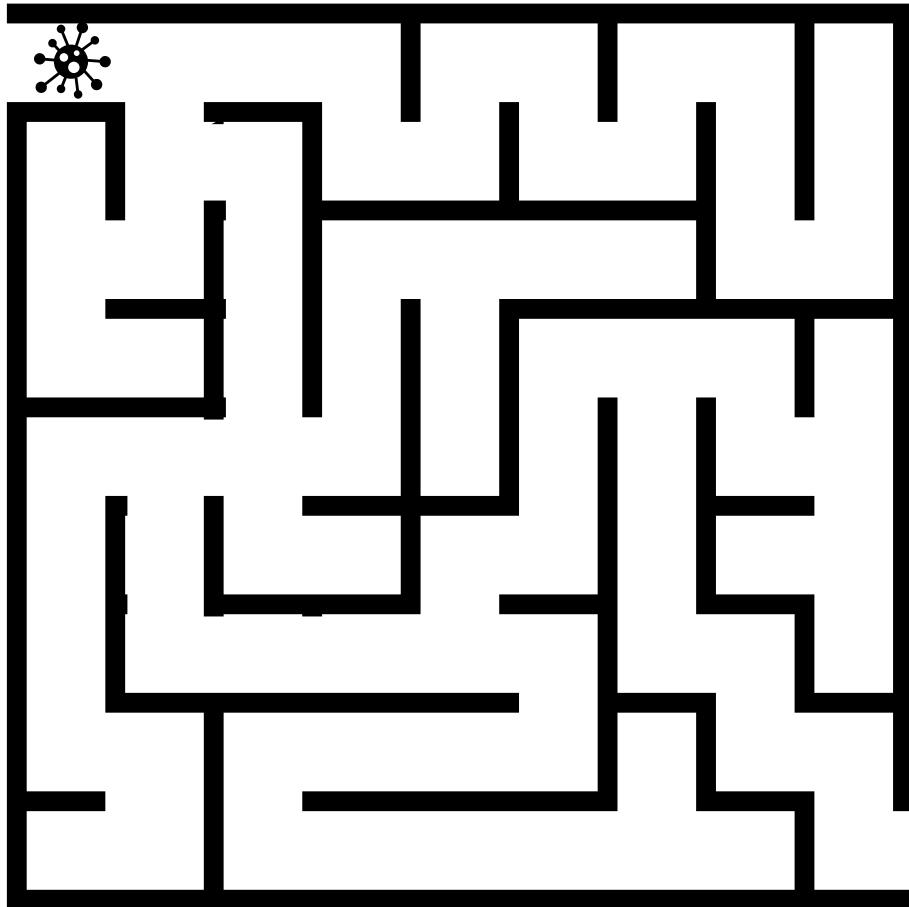
**ACTIVITY:** Circle all the images of bacteria and viruses below.

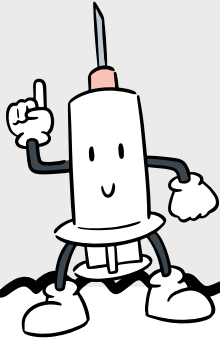


Germs can be spread from person to person through the air in sneezes and coughs. They cause diseases you may know about such as colds, flu, and even chickenpox.



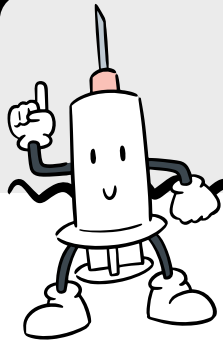
**ACTIVITY:** Follow the path of the germ through the maze between the two friends in the image below.





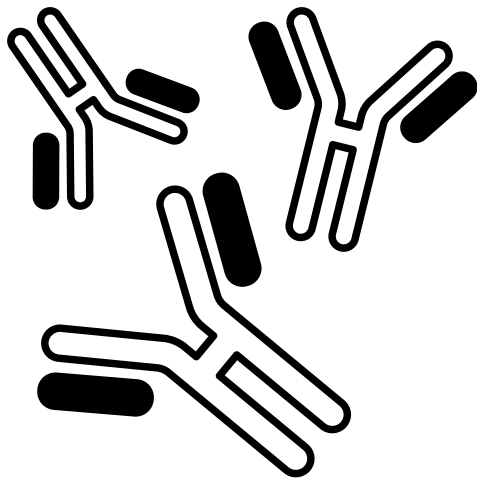
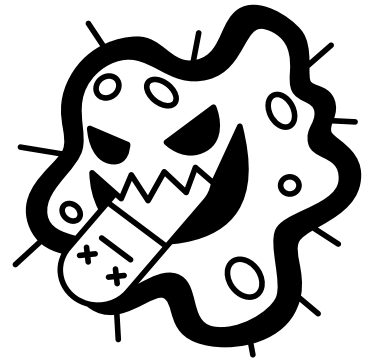
Fortunately, your body works to protect you against these germs! Bodies have an immune system to fight against germs and to shield you from getting sick.





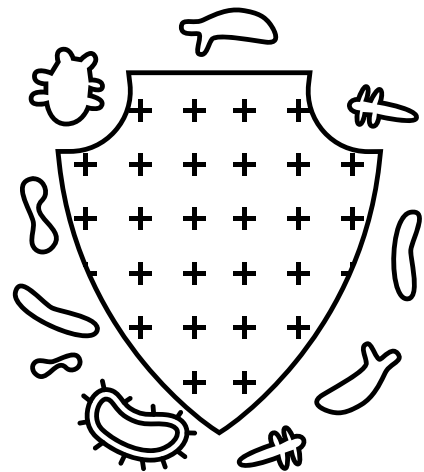
So I bet you are now wondering how your immune system works. Let me explain!

When an unwanted germ enters your body, your immune system will start to make antibodies.



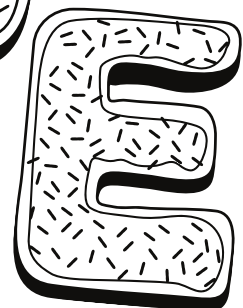
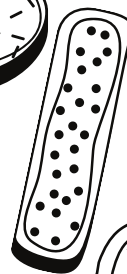
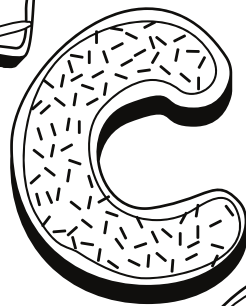
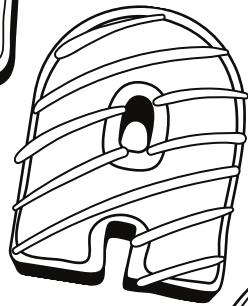
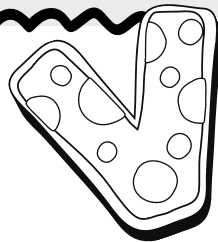
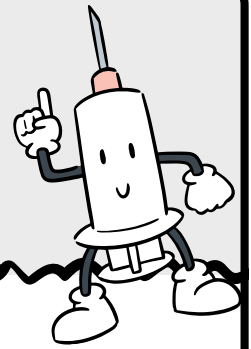
This is what antibodies look like!

These antibodies then find and destroy the bad germs to keep you healthy.

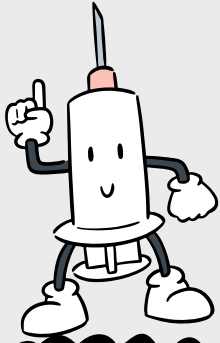




For some diseases, scientists created a way to help the immune system prepare for incoming germs...**VACCINES!** Vaccines are one of the most important tools available to help prevent diseases.

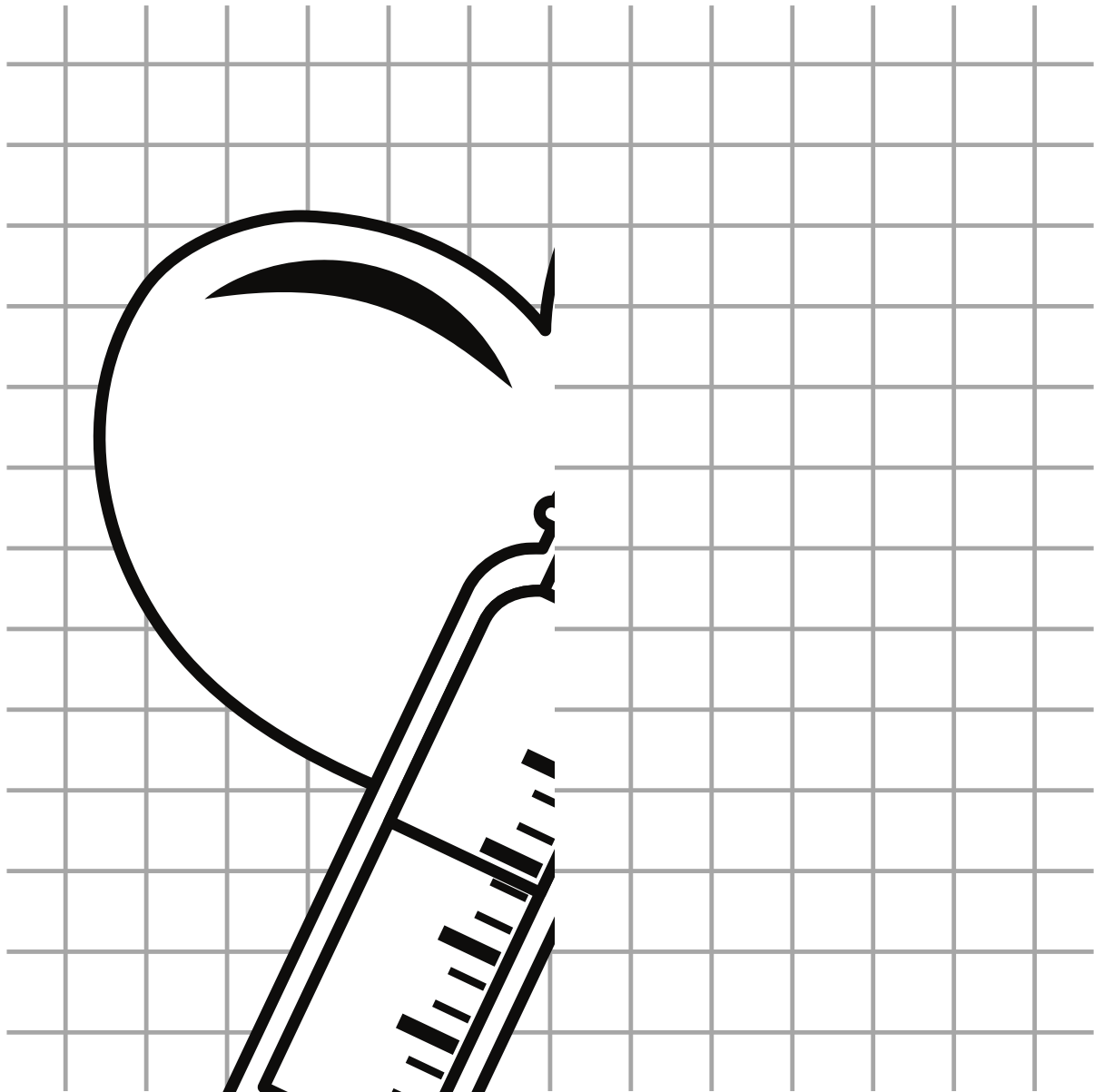


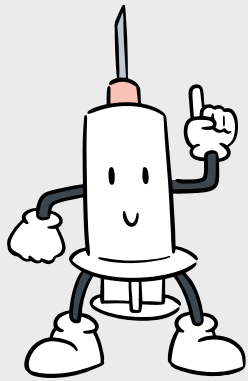
Many, many years ago (way back in the 1700s), a doctor and scientist named Edward Jenner created the first vaccine to protect against a disease called smallpox.



Vaccines are shots that teach the immune system to identify and protect against harmful germs without you having to get sick. They help your body create antibodies **BEFORE** germs enter your body so that your body is prepared to fight.

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



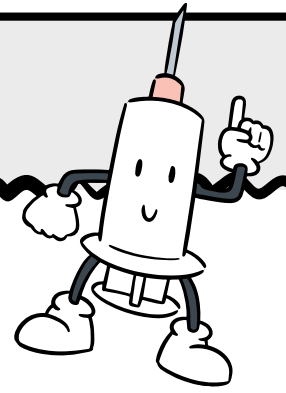


Vaccines are needed from the time you are a baby all the way through becoming an adult. Getting vaccinated protects yourself, your family, and others. When enough people are vaccinated against a disease, it's harder for that disease to spread to others. This means that your entire community receives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

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



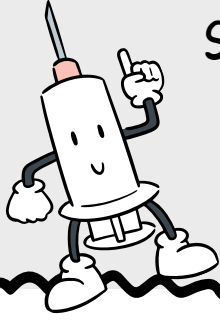
There are currently vaccines that protect you against 16 diseases in childhood and adolescence!



**ACTIVITY:** Find the 16 disease names in the word search below. The diseases are listed in the list at the bottom of this page.

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

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



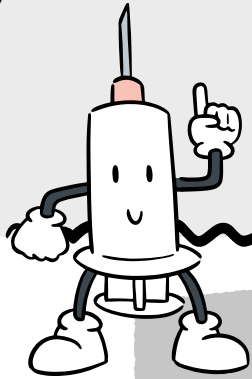
Sometimes you will need multiple doses of the same vaccine to get full protection. Fortunately, some vaccines were made to protect against multiple diseases at the same time.

**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



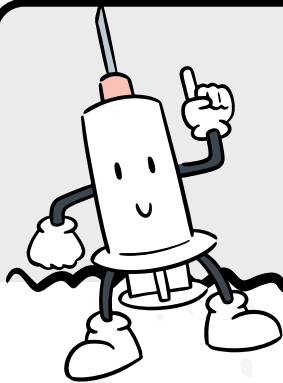


If you are nervous about getting shots, that's normal! Here are some tips that can help you to feel calm while getting your shots.

# To-Do

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



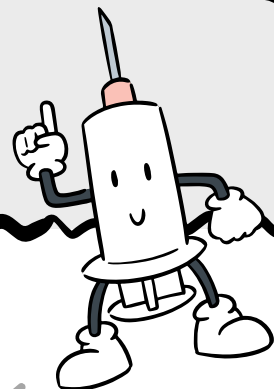


Getting your shots usually doesn't hurt much or for long and they are very important to help you stay healthy.

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

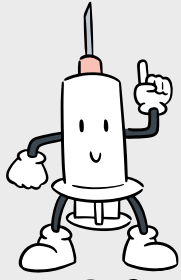
Get plenty of rest

Cough into a  
tissue or your  
elbow

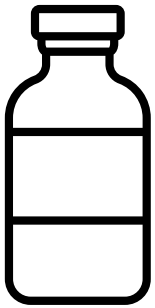
Stay home if you  
are sick





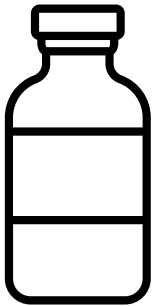


As you get older, you will need more vaccines to maintain your protection and to protect against other diseases. The vaccines listed below are ones that you will need when you turn 11 years old.



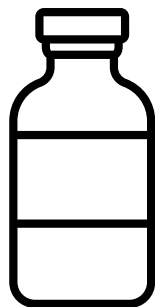
## **Tdap vaccine**

This vaccine protects you from tetanus, diphtheria, and pertussis (whooping cough). You will need one dose at 11-12 years old.



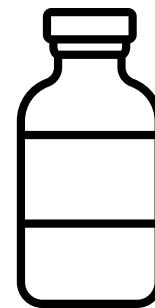
## **HPV vaccine**

The HPV (human papillomavirus) vaccine protects against cancers caused by HPV infection. For full protection you will need multiple doses and you should get the first dose at 11-12 years.



## **MenACWY vaccine**

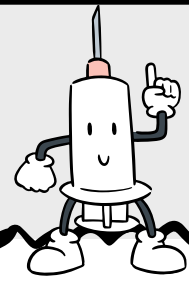
This vaccine protects you from the bacteria that causes meningococcal disease. You will need one shot at 11-12 years and a second shot at 16 years.



## **Influenza vaccine**

The flu vaccine is needed each year to protect you from the flu virus. You should try to get this shot around October of each year.

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

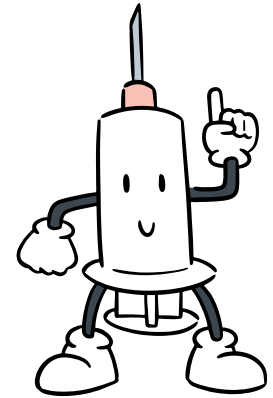


**ACTIVITY:** Ask an adult to help you identify which of the vaccines below you have already received and mark them in the table.

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)		



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  
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For more information, please visit: <https://nj.gov/health/cd/vpdp.shtml>.



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September 2022

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*New Jersey's University Center for Excellence in Developmental Disabilities Education, Research, and Service*  
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