

BE WISE – IMMUNIZE!



Children's Activity Book

Brought to you by the
North Dakota Department of Health
Immunization Program



NORTH DAKOTA
DEPARTMENT of HEALTH



Parents:

Parents want basic things for their children. They want them to grow up knowing that they are loved. They want to provide them with opportunities in life to reach their fullest potential. And they want them to be healthy and happy. There are many things parents want to give their children. But good health is perhaps the greatest gift. Vaccination is one of the most important ways a parent can protect their child's health.

Vaccines are one of history's most successful and cost-effective public health tools for preventing serious disease and death. Diseases that were once commonplace, such as polio, are now only distant memories for most Americans. Our success also means that most of today's parents have never seen these diseases and the suffering they can cause and, therefore, are less concerned about the need for immunization compared to other parental priorities. However, these diseases are not diseases of the past. They are still with us and circulating in many parts of the world and the United States. Outbreaks of measles and whooping cough continue to occur throughout the United States today.

Vaccines are extremely safe. There are many false rumors on the Internet about vaccines causing autism. More than 30 scientific studies have investigated a possible link between vaccines and autism and none have found a connection. Some parents are concerned about the number of vaccines their children need to receive. It isn't possible for a child to receive too many vaccines. Infants and young children commonly encounter and manage many challenges to their immune system at the same time. Children are exposed to multiple germs on a daily basis. Vaccines are just a small part of what children encounter every day.

In North Dakota, about one in four children ages 19 months through 35 months are not up-to-date on immunizations. Almost half of North Dakota adolescents are not up-to-date on immunizations. Low immunization coverage is an issue that impacts the entire community. A decision to vaccinate a child is a decision to protect not only that individual child, but also the community by reducing the spread of disease to those who have not been vaccinated either by choice or because of medical reasons, such as children with leukemia.

Parents and health-care providers must work together to ensure that all children are fully immunized. Parents can:

- (1) Make sure your child is up-to-date on immunizations; visit CDC's childhood scheduler online at www2a.cdc.gov/nip/kidstuff/newscheduler_le/ to find out what immunizations your child needs.
- (2) Get an immunization record. North Dakota has a state registry of immunizations. Contact your local public health unit, private health-care provider, or the North Dakota Department of Health to obtain your child's immunization record.
- (3) Ask at every visit if your child needs an immunization.
- (4) Visit the CDC website at: www.cdc.gov/vaccines for more information about immunizations. You can also call the North Dakota Department of Health at 800.472.2180 or visit our website at www.ndhealth.gov/immunize.

Regards,

A handwritten signature in cursive script that reads "Molly Sander".

Molly Sander, M.P.H.
Immunization Program Manager
North Dakota Department of Health

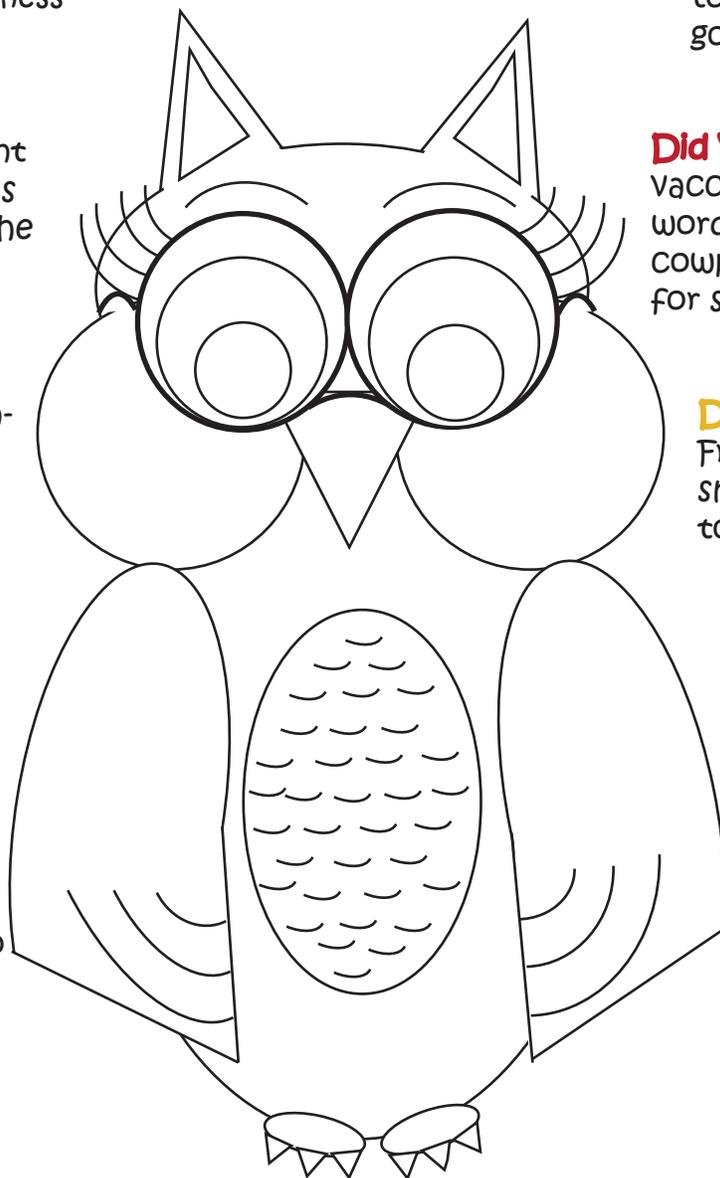
Did You Know? Tetanus is also called “lockjaw” because it causes stiffness of the jaw and neck.

Did You Know? President Franklin D. Roosevelt was in a wheelchair because he had polio.

Did You Know? Chickenpox disease got its name because the blisters looked like chickpeas.

Did You Know? Some people believe that Sacagawea, the guide for the Lewis and Clark Expedition, died of diphtheria.

Did You Know? An outbreak of diphtheria led to the famous Alaskan dog sled run. Diphtheria anti-toxin had to be rushed from Nenana to Nome, Alaska by dog sled.



Did You Know? North Dakota requires all children to be fully immunized before going to childcare or school.

Did You Know? The word vaccine comes from the latin word for cow, because cowpox was used as a cure for smallpox.

Did You Know? Benjamin Franklin’s son died of smallpox after he refused to have his son vaccinated.

Did You Know? During the Civil War, more than 4,000 troops died of measles.

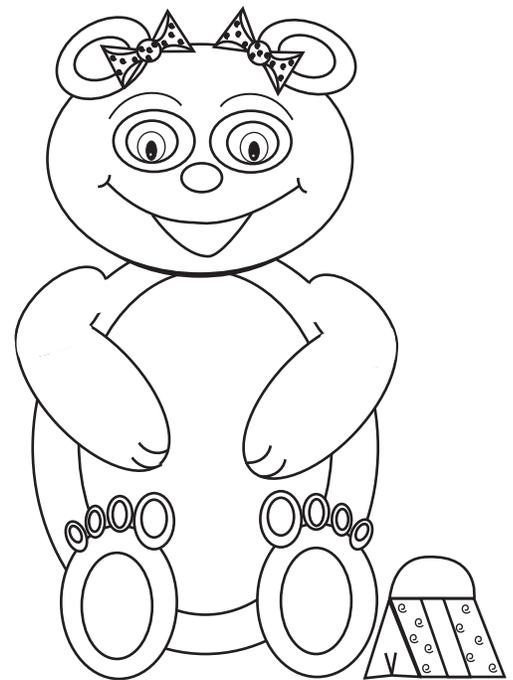
Did You Know? The word rubella means “little red” and was used to describe an outbreak at a boys school in India.

This is Ollie Owl. He is happy and healthy because his parents get him vaccinated. He is very brave when he gets his shots because he knows vaccines will keep him healthy. After he gets vaccinated, his parents let him go play with his friends.

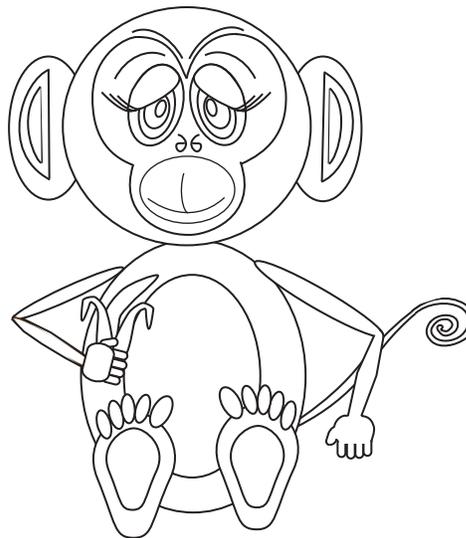
Color Ollie so he can go play with his friends.



Louie Lion



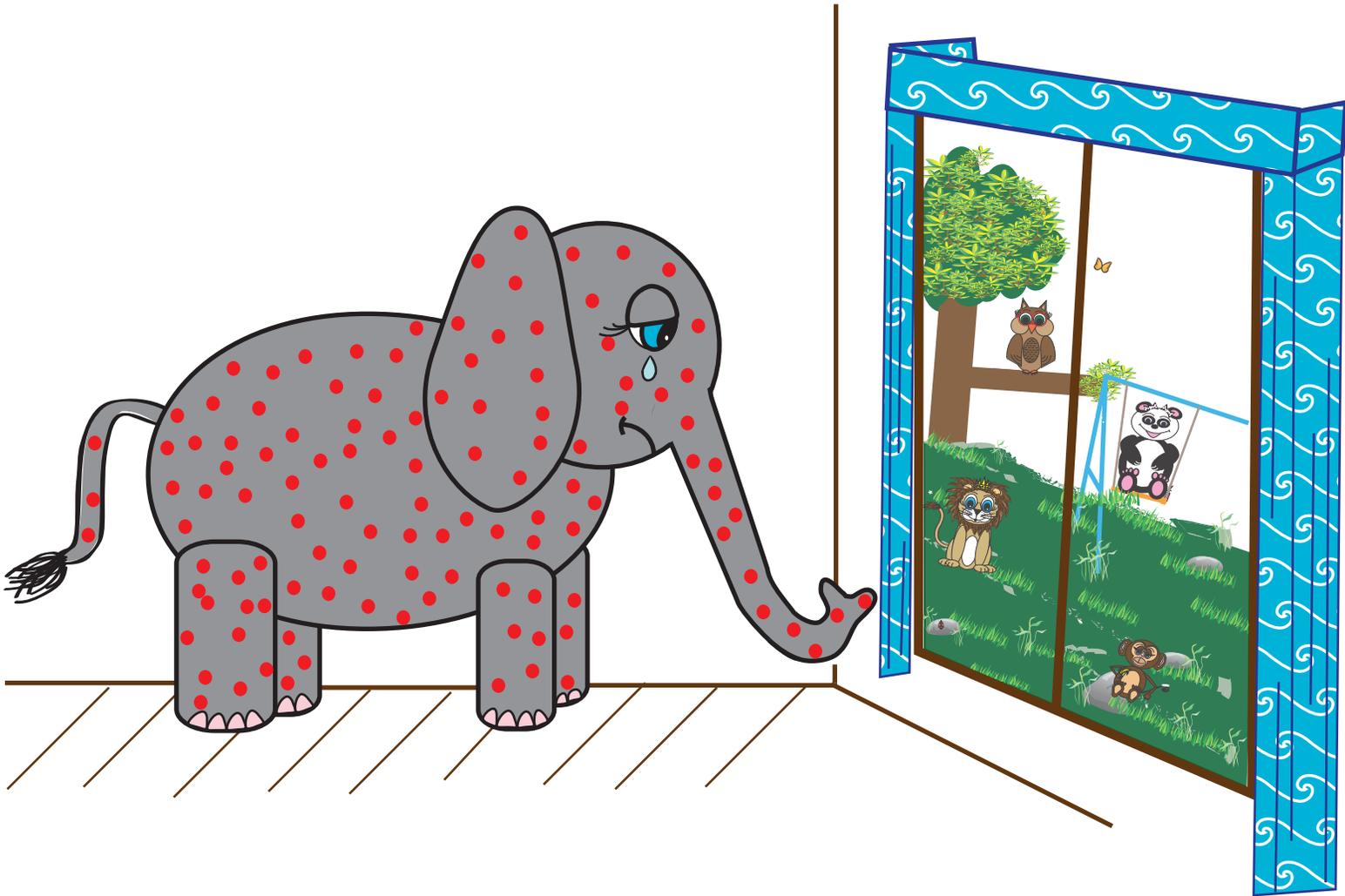
Penny Panda



Mabel Monkey

These are Ollie's friends. They also have been very brave and were vaccinated. So they are getting ready to go play in the park with Ollie.

Color them so they can join Ollie in the park.



This is Eddie Elephant. He wasn't vaccinated and now he has chickenpox (also called varicella). Since he is sick, he can't go outside and play with his friends in the park.

The following games will help you learn more about vaccines so that you stay happy and healthy too.



Immunization Word Search



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

Using the list of words below, find and circle each word in the puzzle. Words can be forward, backward, up, down or diagonal.

Immunization -- This is recommended for all children to protect them against diseases.

Nurse -- This person is not a doctor, but can still give vaccinations.

Meningitis -- This disease can cause headache and stiff neck.

Chickenpox -- Before entering kindergarten, children need two doses of this vaccine.

Measles -- This is one of the most contagious diseases in the world.

Tetanus -- This disease is also known as "lockjaw."

Bacteria -- Tiny creatures that live inside the body and cause infection.

Mumps -- This virus causes swelling of the neck.

Influenza -- Everyone 6 months and older should be vaccinated against this disease every year.

Trust -- *Trust* the recommendations of your doctor.

Hepatitis A -- This vaccine is often recommended when traveling outside of the United States.

Virus -- Chickenpox, measles and influenza are examples of this.

Smallpox -- About 2 to 5 in every 10 people that got this disease died.

Polio -- To treat this disease, people used to be placed in iron lungs.

Diphtheria -- This disease is the "D" in DTaP vaccine.

Protect -- Immunization is the safest way to *protect* against diseases.

Pertussis -- This disease is also known as "whooping cough."

Rotavirus -- This is the most common cause of diarrhea among children in the world.

Sick -- Kids should be immunized to prevent them from getting *sick*.

Pneumonia -- This disease kills more children in the world than any other.





Immunization Smarts Word Scramble

See if you can unscramble these words about immunizations!

1. This disease usually begins when colder weather starts.

FUILZAENN

--	--	--	--	--	--	--	--

2. Benjamin Franklin's son died of this disease.

PXSALMOL

--	--	--	--	--	--	--	--

3. An outbreak of this disease led to the famous dog sled run in Alaska.

TIDPIHAHER

--	--	--	--	--	--	--	--	--	--

4. The name of this disease means "little red."

UBLARLE

--	--	--	--	--	--	--	--

5. This virus is extremely contagious.

ESAMLSE

--	--	--	--	--	--	--	--

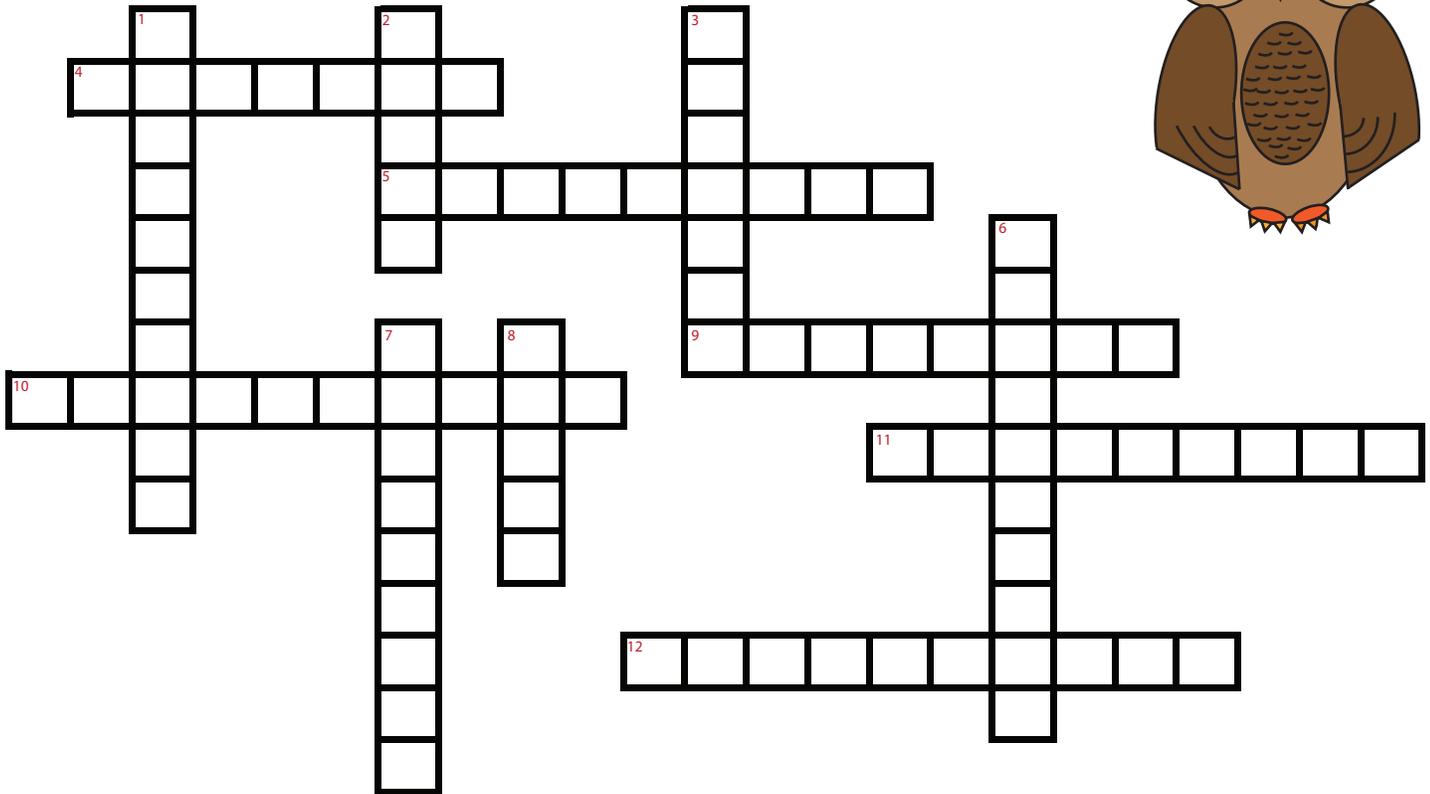
6. If you don't get immunized, you might get _____.

IKSC

--	--	--	--



Immunization Crossword Puzzle



Across Clues:

4. This disease is also known as lockjaw.
5. This disease causes a cough that sounds like a whoop.
9. Benjamin Franklin's son died of this disease.
10. This disease causes an itchy rash and got its name because the blisters look like chickpeas.
11. This disease causes diarrheal illness in children.
12. This illness can give you a stiff neck and a headache.

Down Clues:

1. This vaccine is often recommended when traveling outside of the country.
2. The disease rhymes with "lumps" and causes swelling of the neck.
3. During the Civil War, more than 4,000 troops died from this rash illness.
6. The "D" stands _____ for in DTaP?
7. Every year, people 6 months or older should be vaccinated against _____.
8. Franklin D. Roosevelt was in a wheelchair because he had this disease.

Word Bank: pertussis, diphtheria, chickenpox, tetanus, mumps, meningitis, hepatitis A, rotavirus, polio, smallpox, measles, influenza

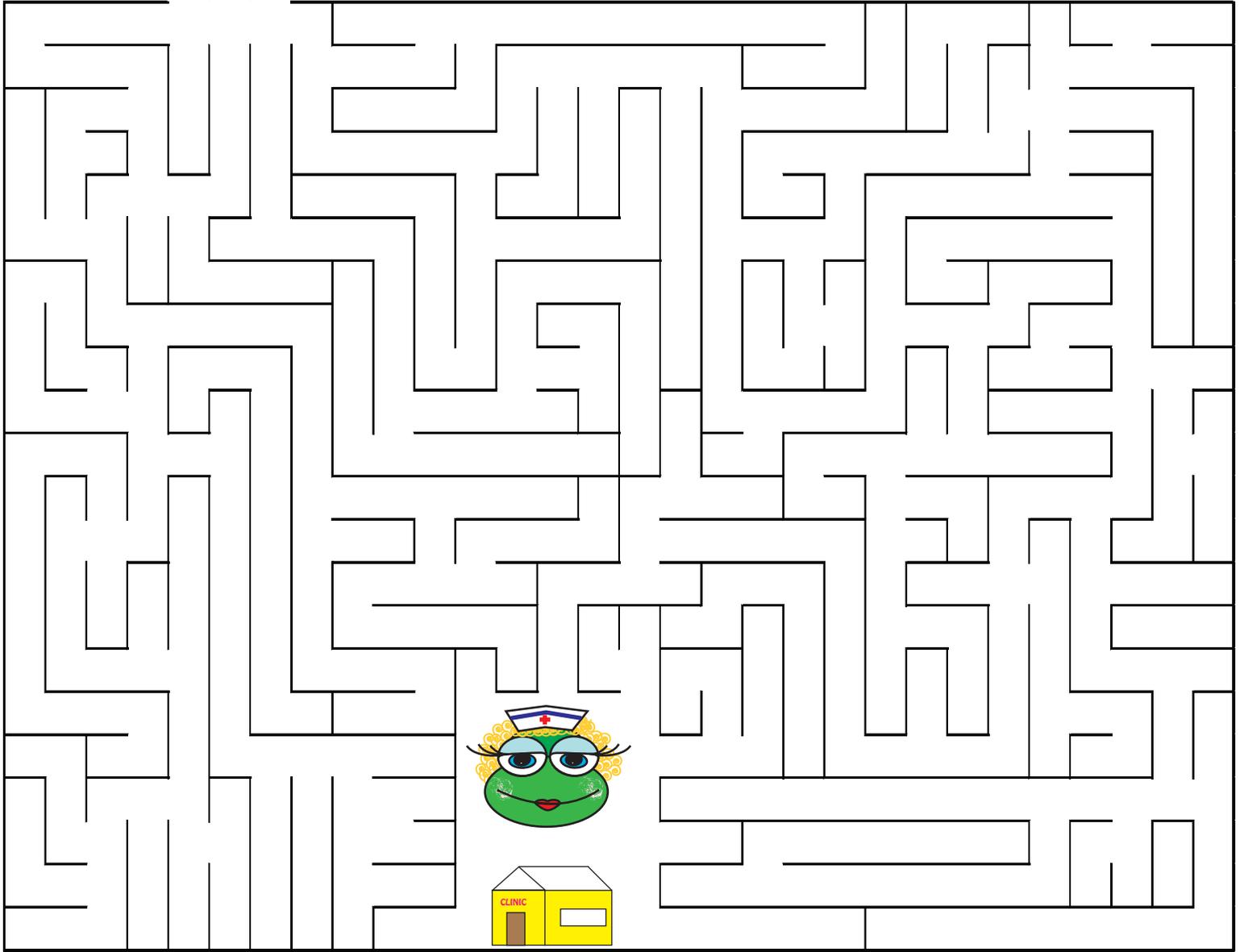


Since Ollie has been vaccinated, he is in the park playing hide and seek with his friends.

Ollie can be found hiding in this picture 12 times. Sometimes he is big and sometimes he is small. Can you find them all?



Help Ollie and his friends through the maze.



Ollie and his friends need to go see Frannie Frog so they can get their next vaccine. Can you help Ollie and his friends find the nurse?

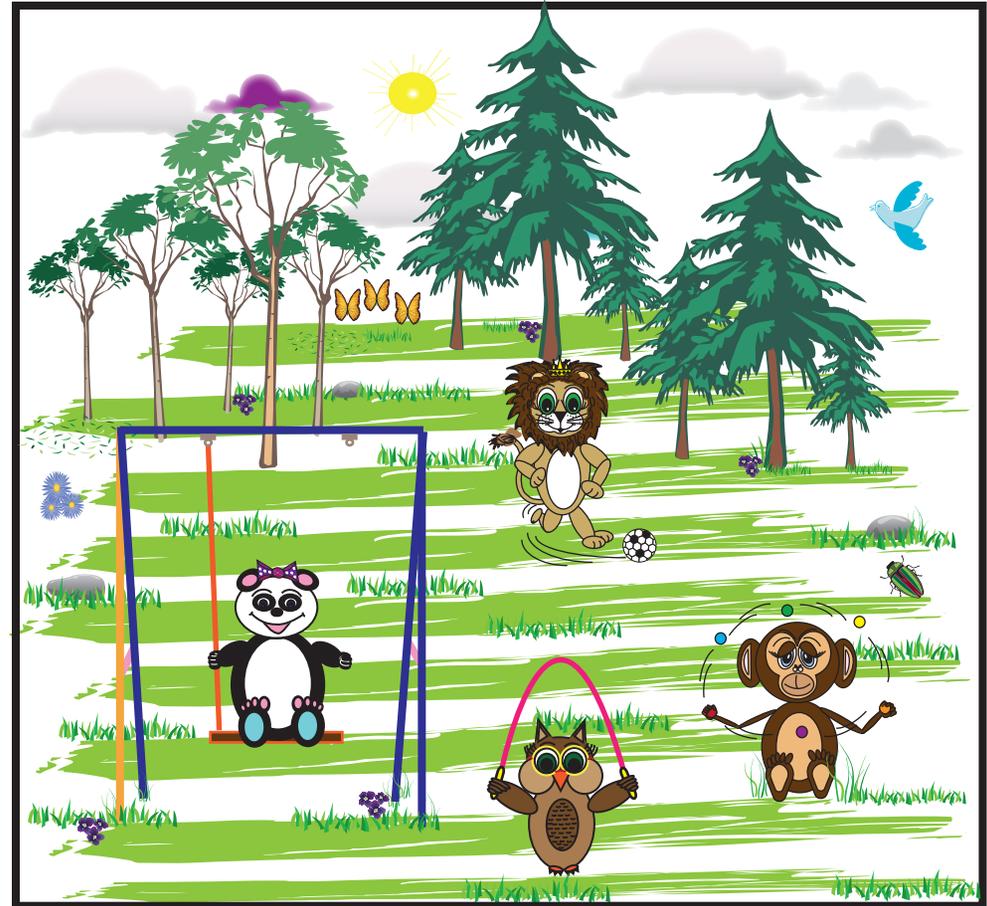


Can you spot the differences?

Picture 1



Picture 2



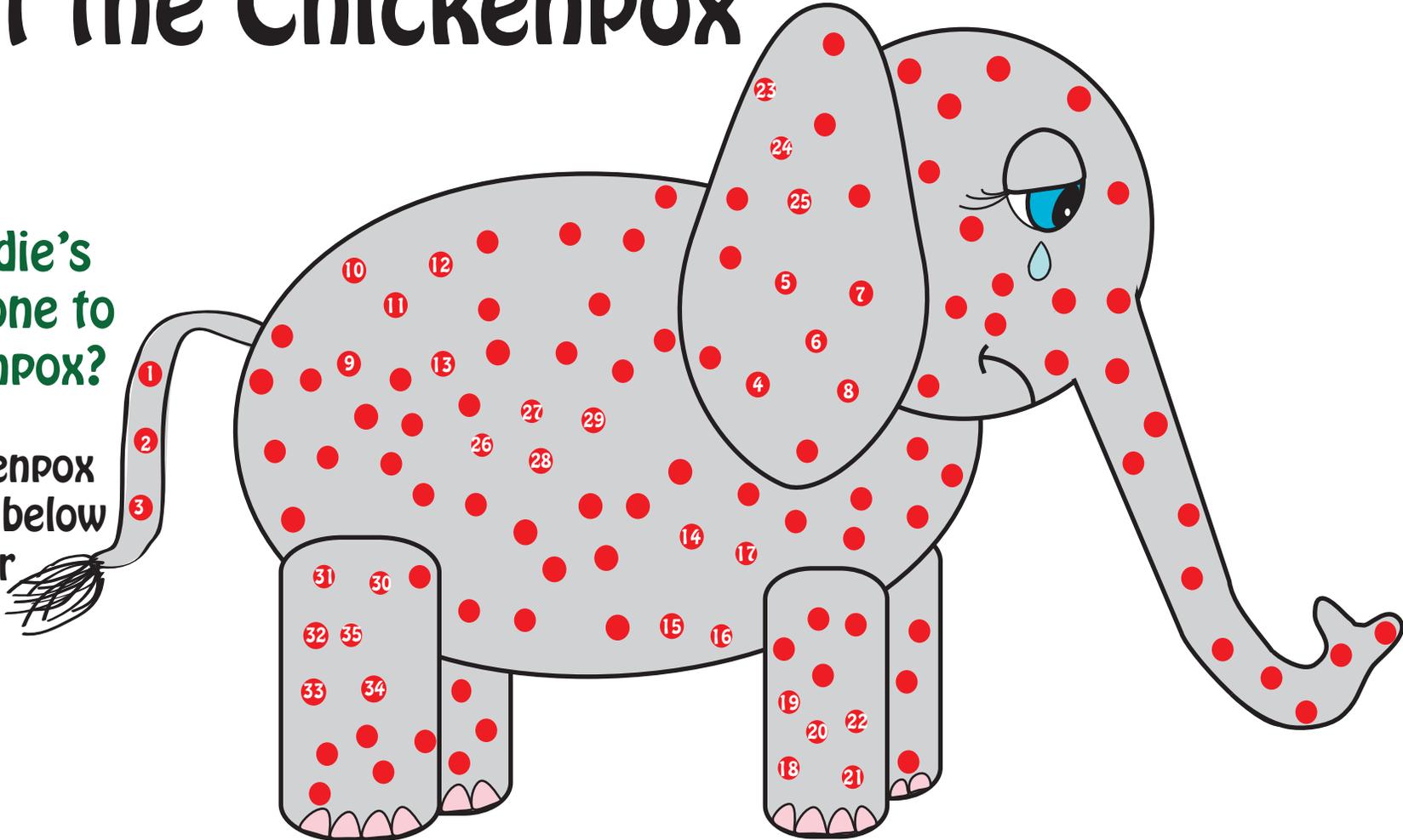
Being vaccinated and keeping active will help Ollie and his friends stay healthy. So Ollie and his friends are out playing in the park.

Picture 1 is the original and picture 2 has 14 mistakes. Can you find all of the differences?

Connect the Chickenpox

What could Eddie's parents have done to prevent chickenpox?

Connect the chickenpox in the order listed below and write the letter on the line above.



Connect dots
1-2-3

Connect dots
4-5-6-7-8

Connect dots
9-10-11-12-
13

Connect dots
14-15-16-17

Connect dots
18-19-20-21
-22

Connect dots
23-24-25

Connect dots
26-27-28-29

Connect dots
30-31-32-33-
34
then go back
and connect
32-35

Ollie and his friends taught you about vaccines. Now you can learn to draw Ollie Owl.

Trace over Ollie Owl to practice



Now draw him on your own below

~ Important Information for Parents ~

The vaccines your child needs are listed below, along with the diseases they prevent.
Please make sure your child is vaccinated on time.

Childhood Vaccines

-  **Diphtheria, tetanus and pertussis (DTaP):**
five doses at 2, 4, 6, 12 to 18 months and 4 to 6 years
-  **Polio (IPV):**
four doses at 2, 4, 6 months and 4 to 6 years
-  **Haemophilus Influenzae Type B (Hib):**
three or four doses at 2, 4, 6 months (number of doses depends on vaccine type) and 12 to 15 months
-  **Hepatitis B:**
three doses at birth, 2, and 6 months
-  **Rotavirus:**
two or three doses at 2, 4, and 6 months (number of doses depends on vaccine type)
-  **Pneumococcal:**
four doses at 2, 4, 6 months and 12 to 15 months
-  **Hepatitis A:**
two doses at 12 and 18 months
-  **Measles, mumps and rubella (MMR):**
two doses at 12 to 15 months and 4 to 6 years
-  **Varicella (chickenpox):**
two doses at 12 to 15 months and 4 to 6 years
-  **Influenza:**
all children ages 6 months and older need one dose every year
some children younger than nine need two doses

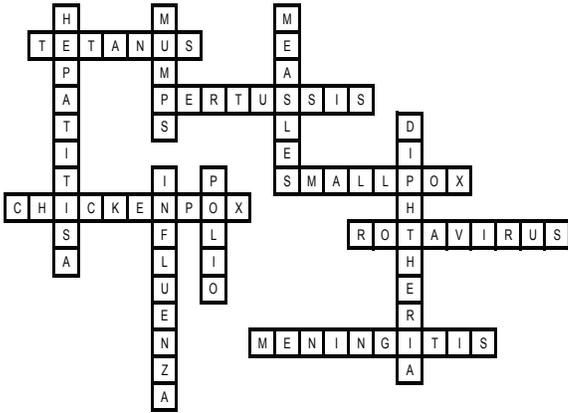
Adolescent Vaccines

-  **Tetanus, diphtheria, and pertussis (Tdap):**
one dose at 11 to 12 years of age
-  **Human papillomavirus (HPV):**
three doses at 11 to 12 years of age
-  **Meningococcal:**
one dose at 11 to 12 years of age and a booster dose at 16 years of age
-  **Influenza:**
one dose every year

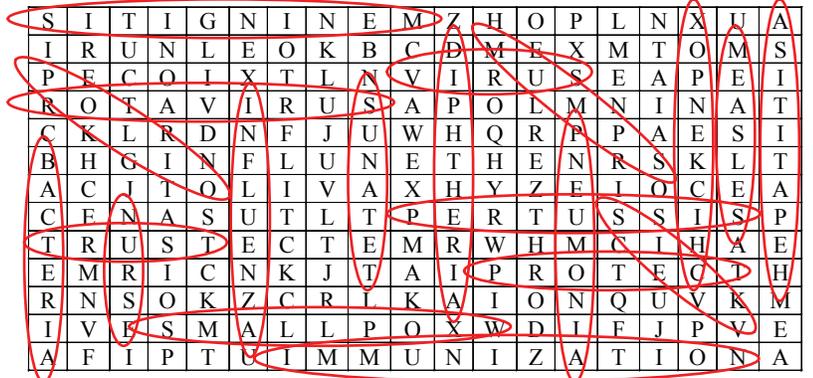




Page 6: Answers to crossword puzzle



Page 4: Answers to Immunization Word Search

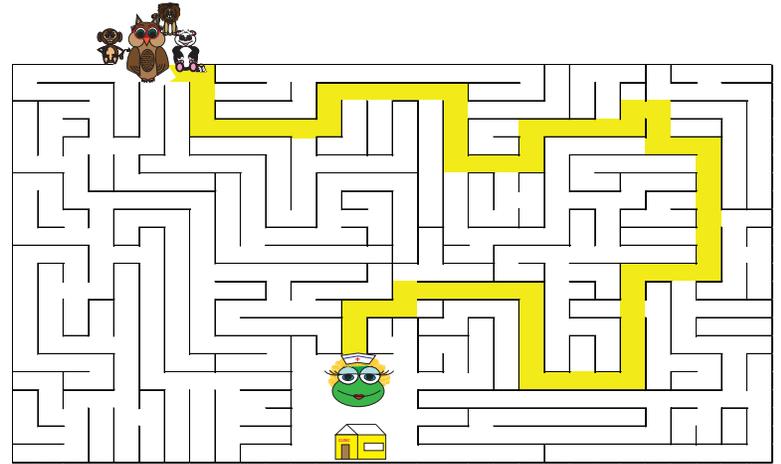


Page 5 word scramble answers:

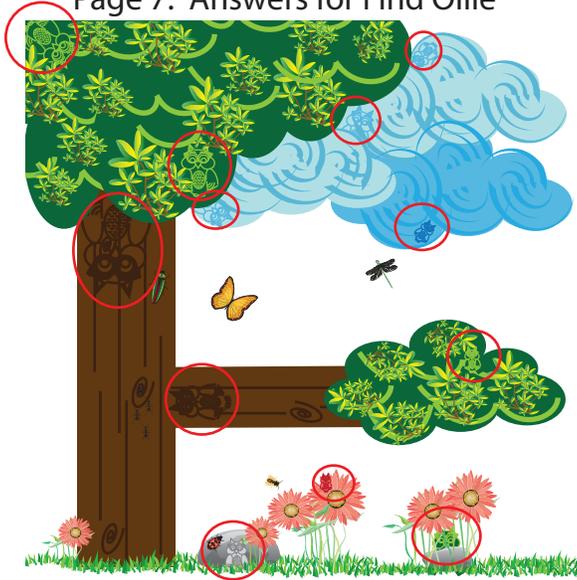
- 1 - influenza, 2 - smallpox,
- 3 - diphtheria, 4 - rubella,
- 5 - measles, 6 - sick



Page 8: Answer to the Immunization Maze



Page 7: Answers for Find Ollie



Page 10: Connect the chickenpox answer

IMMUNIZE



Page 9: Answers to the Find the Differences



BE WISE - IMMUNIZE!



Acknowledgements:

The Immunization Program would like to thank Tracy K. Miller, MPH, Division of Disease Control for the designs and creation of this activity booklet.

FOR MORE INFORMATION ABOUT THE NORTH DAKOTA DEPARTMENT OF HEALTH IMMUNIZATION PROGRAM:

Call 701.328.2378 or North Dakota toll-free at 800.472.2180

FOR QUESTIONS ABOUT IMMUNIZATIONS:

Contact your child's health-care provider or your local public health unit.

ADDITIONAL INFORMATION ABOUT IMMUNIZATIONS CAN BE FOUND AT:

North Dakota Department of Health – Immunization website
www.ndhealth.gov/immunize/

Centers for Disease Control and Prevention
www.cdc.gov/vaccines/