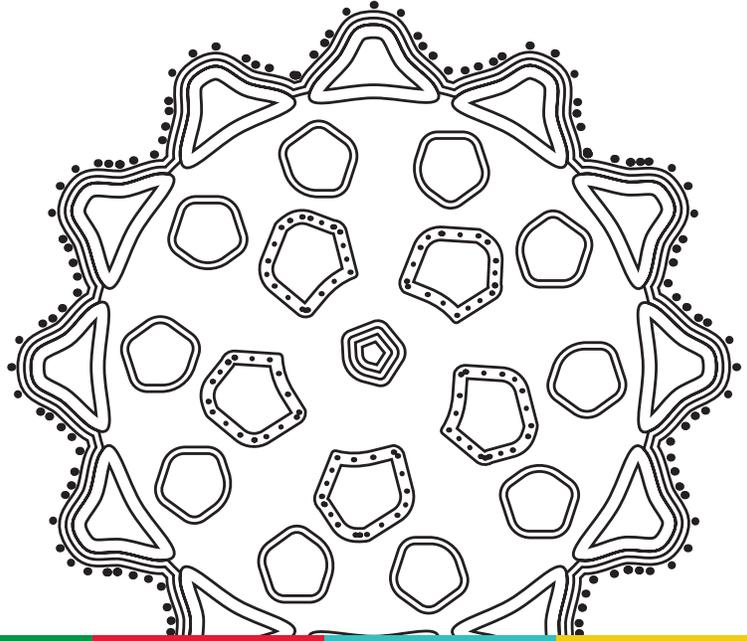


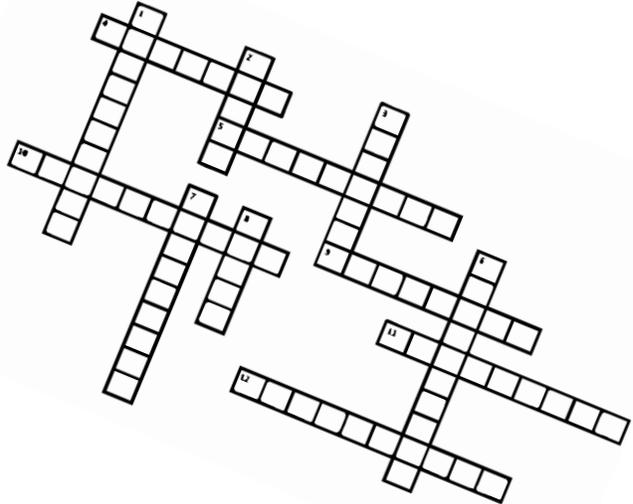
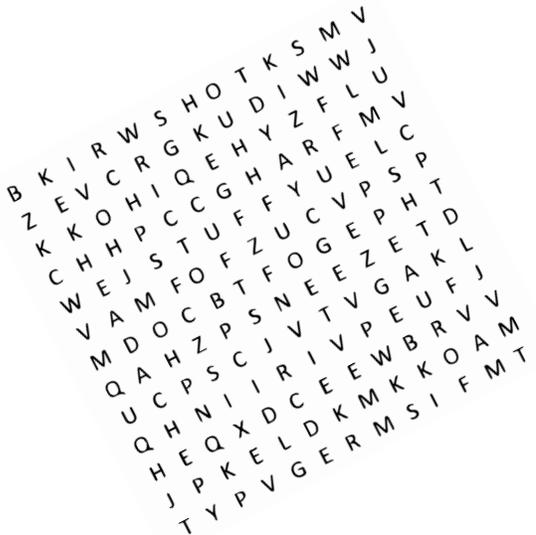
Puzzles, Crosswords, Coloring and More!



IMMUNIZATION



Adult Vaccine ACTIVITY BOOK



Note to Activity/Recreation Staff, Community Supporters, Clinicians and other immunization supporters.

We modified or created this activity book to assist you and your residents, customers, and patients in learning more about immunizations they may need.



Immunization Smarts Word Scramble

See if you can unscramble these words about immunizations!

1. This disease usually begins when colder weather starts.

FUILZAENN

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|

2. The world shut down in 2020 due to this pandemic.

VIOCD

| | | | | |
|--|--|--|--|--|
| | | | | |
|--|--|--|--|--|

3. This cough sounds like a “whoop” and adults can give it to babies.

SIREPTUSS

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|

4. This disease causes a horrible, painful rash.

LNISHGES

| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|
| | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|

5. They used to call this “lockjaw.”

SNETTAU

| | | | | | | | |
|--|--|--|--|--|--|--|--|
| | | | | | | | |
|--|--|--|--|--|--|--|--|

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

IKSC

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

Vaccine-Preventable Diseases Word Find

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

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

POLIO
 INFLUENZA
 PERTUSSIS
 PNEUMONIA
 DIPHTHERIA

VARICELLA
 ENCEPHALITIS
 HEPATITIS
 MUMPS
 ROTAVIRUS

TETANUS
 MEASLES
 MENINGITIS
 RUBELLA
 COVID

Can you help the lady get to immunity?
Find a path that passes each vaccine along the way!

START

Flu

Covid

Shingles

Hepatitis B

Pneumonia

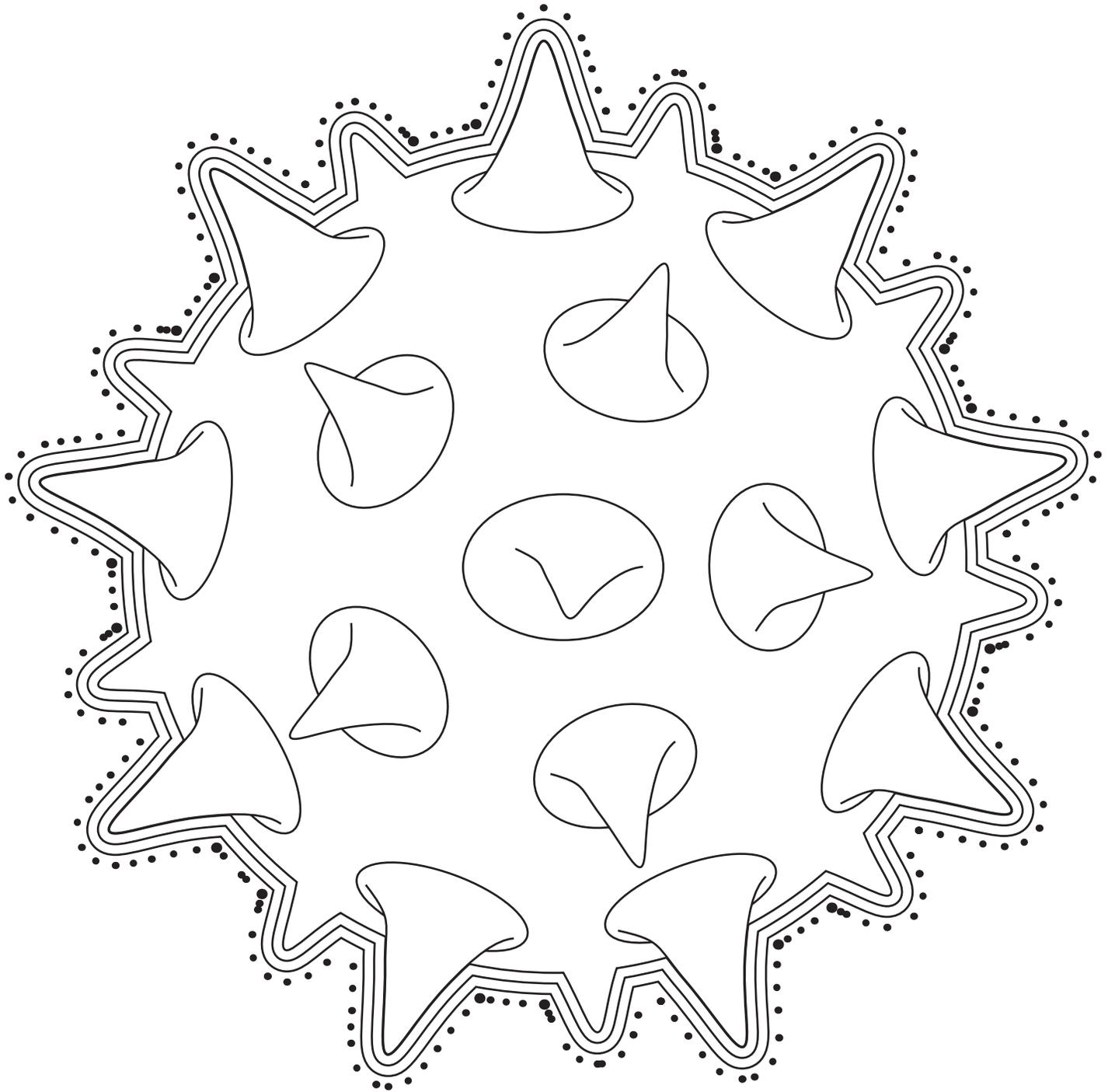
Tdap

FINISH - IMMUNITY!

The maze is a complex grid of black lines on a white background. It starts at the top left with a lady's head and shoulders. The path winds through the maze, passing through the following vaccine labels: Flu, Covid, Shingles, Hepatitis B, Pneumonia, and Tdap. The path ends at the bottom right with the text 'FINISH - IMMUNITY!'. The maze is contained within a rounded rectangular border.

Created by Vaccine Education Center at Children's Hospital of Philadelphia and modified by Alliant Health Solutions.

Covid



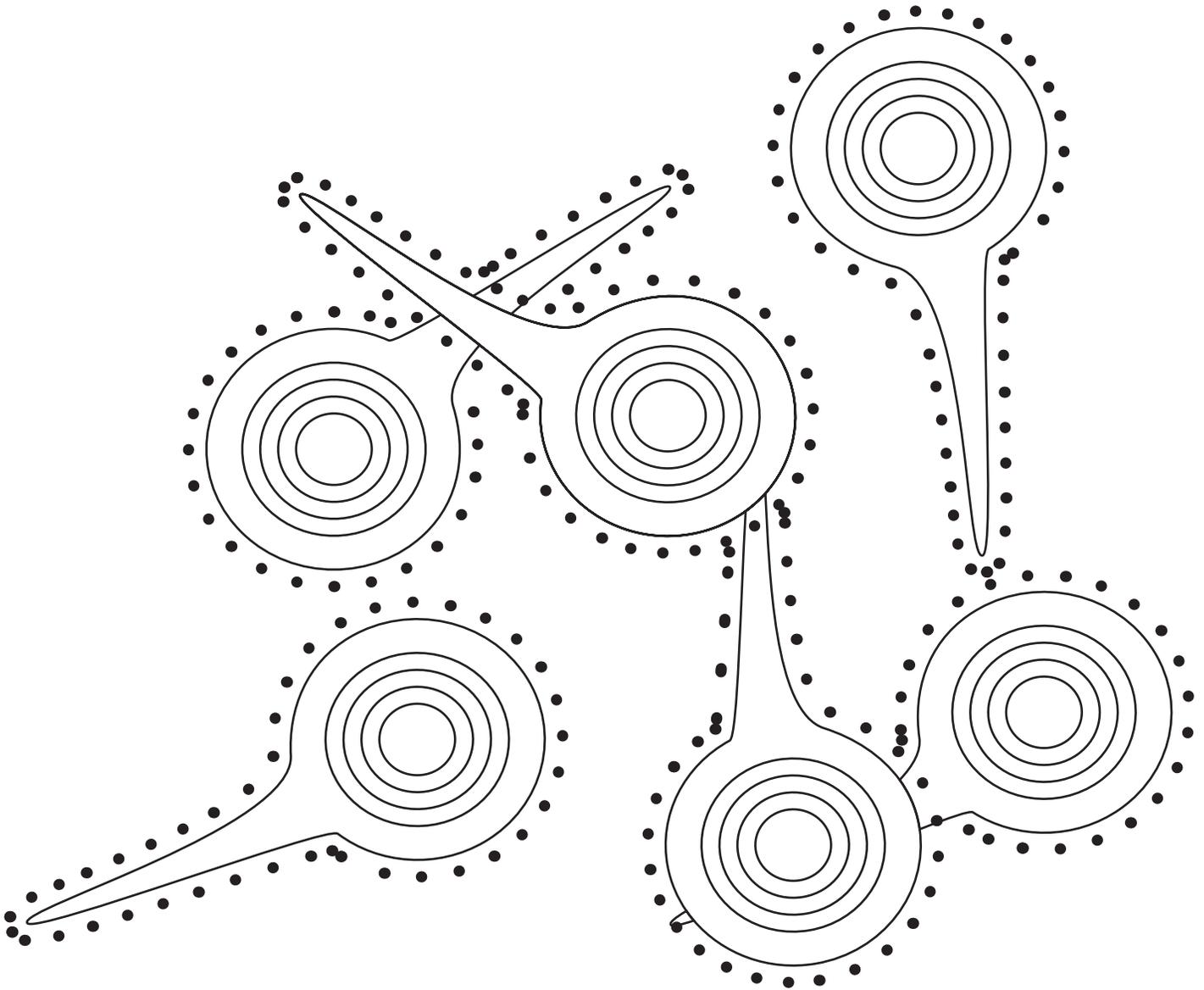
COVID-19 is caused by a coronavirus called SARS-CoV-2. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Tetanus

Tetanus is an infection caused by bacteria. When the bacteria invade the body, they produce a poison that causes painful muscle contractions. Another name for tetanus is “lockjaw”. It often causes a person’s neck and jaw muscles to “lock” making it harder to open your mouth or swallow.

The CDC recommends the vaccine for infants, children, teens, and adults to prevent tetanus.

Tetanus is different from other diseases because it does not spread from person to person. The bacteria is found in soil, dust, and manure and enters the body through a cut or puncture wound.

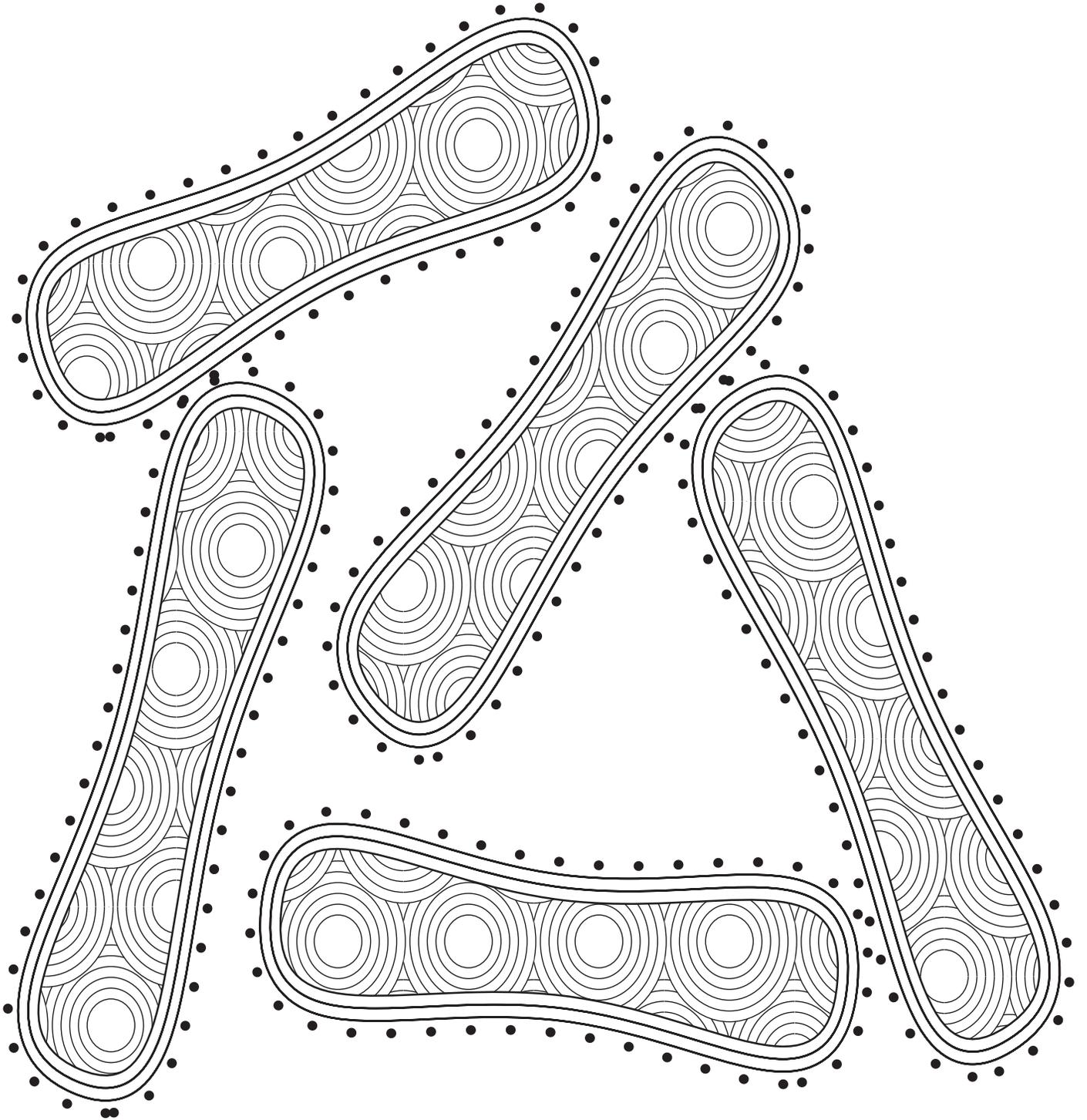


Illustrations provided by Marin Axtell, Idaho Immunization Program.

Diphtheria

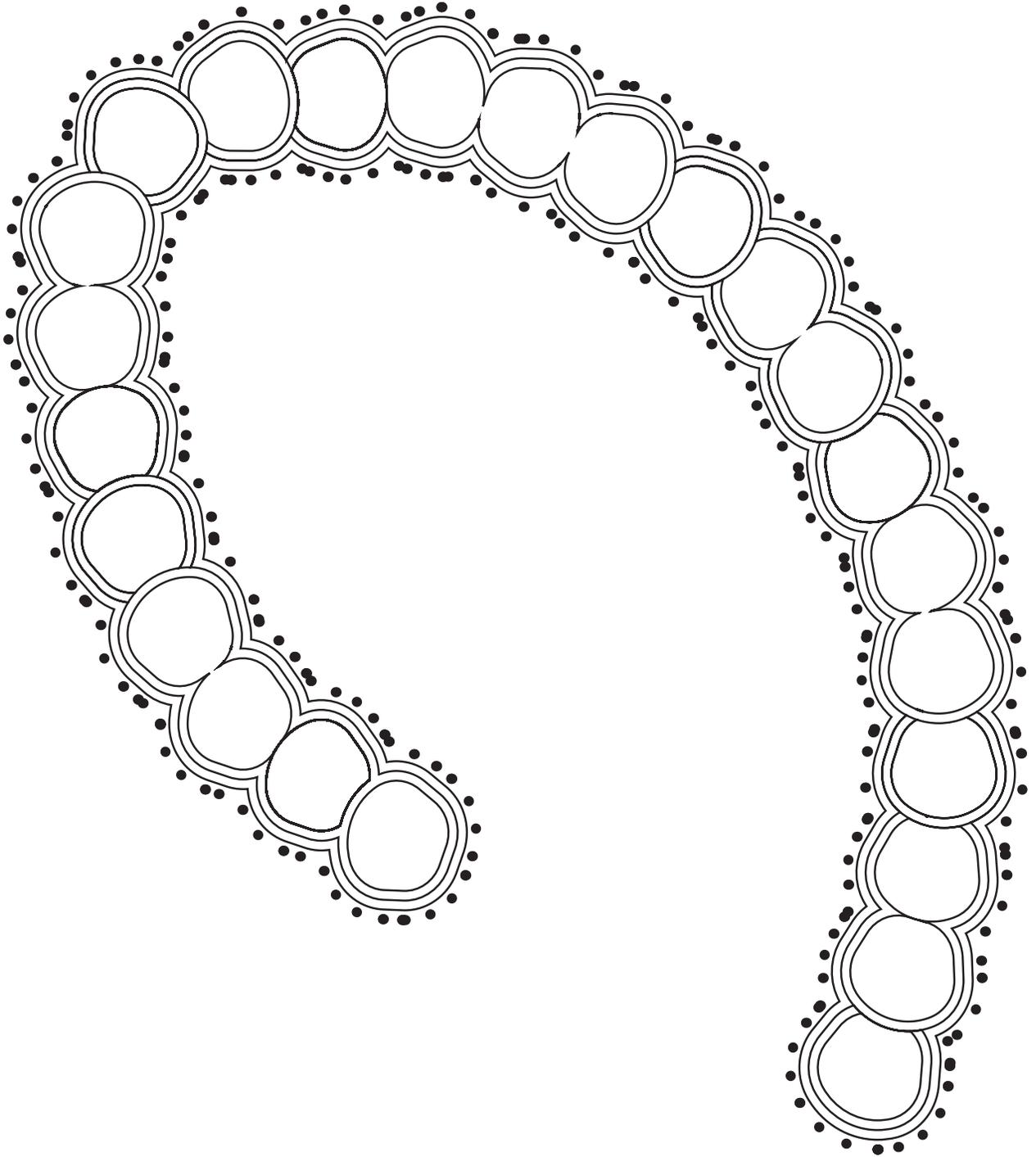
Diphtheria is an infection caused by bacteria. It causes a thick covering in the back of the throat. It can lead to difficulty breathing, heart failure, paralysis, and even death.

The vaccine is recommended for infants, children, teens, and adults.



Illustrations provided by Marin Axtell, Idaho Immunization Program.

Pneumococcal



Streptococcus pneumoniae or pneumococcus is a type of bacterium that causes pneumococcal disease. Pneumococcal infections can range from ear and sinus infections to pneumonia and bloodstream infections.

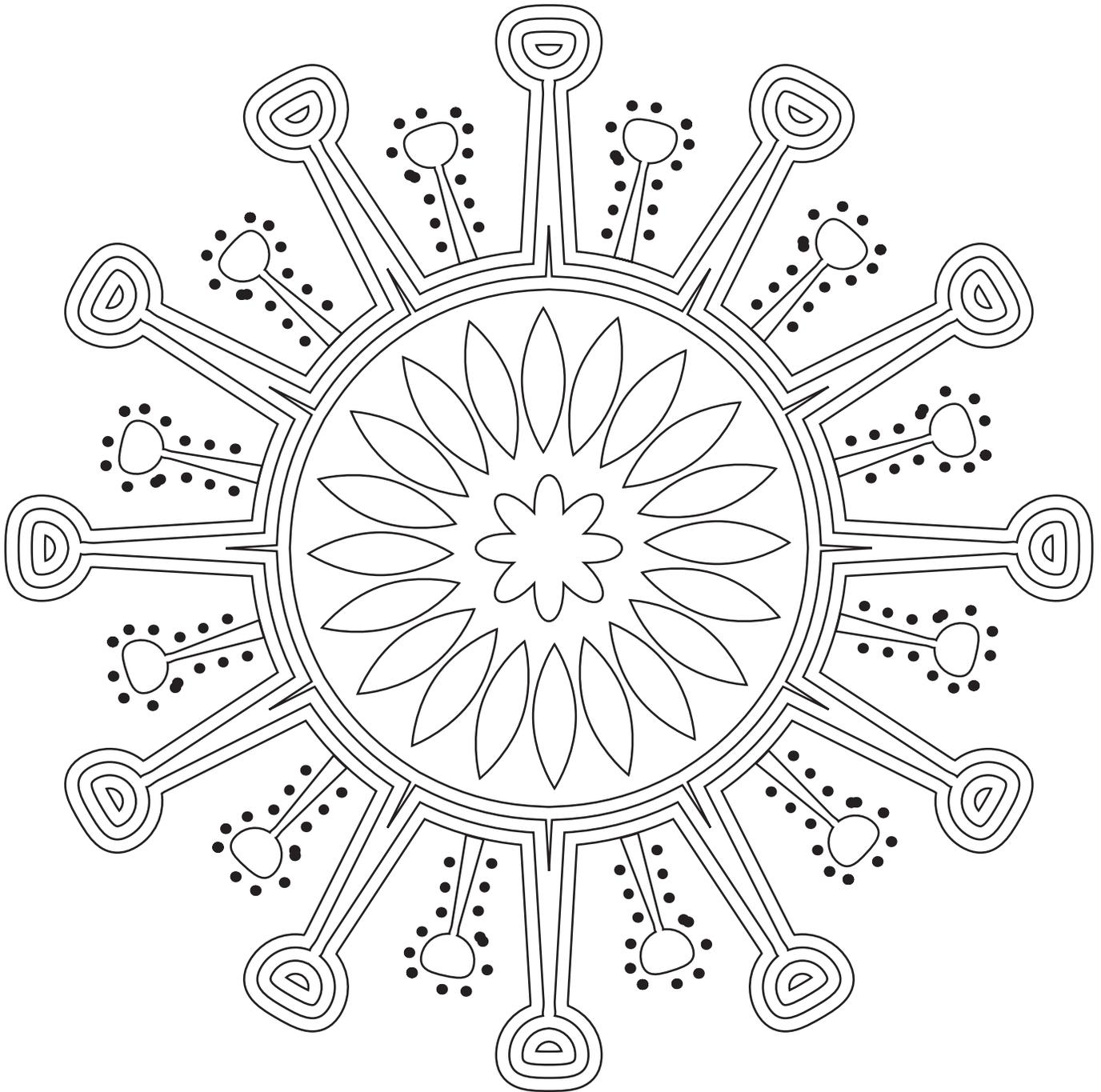
Children younger than 2 years old and adults 65 years or older are among those most at risk for this disease. There are vaccines to prevent pneumococcal disease in children and adults.

Illustrations provided by Marin Axtell, Idaho Immunization Program.

Influenza (Flu)

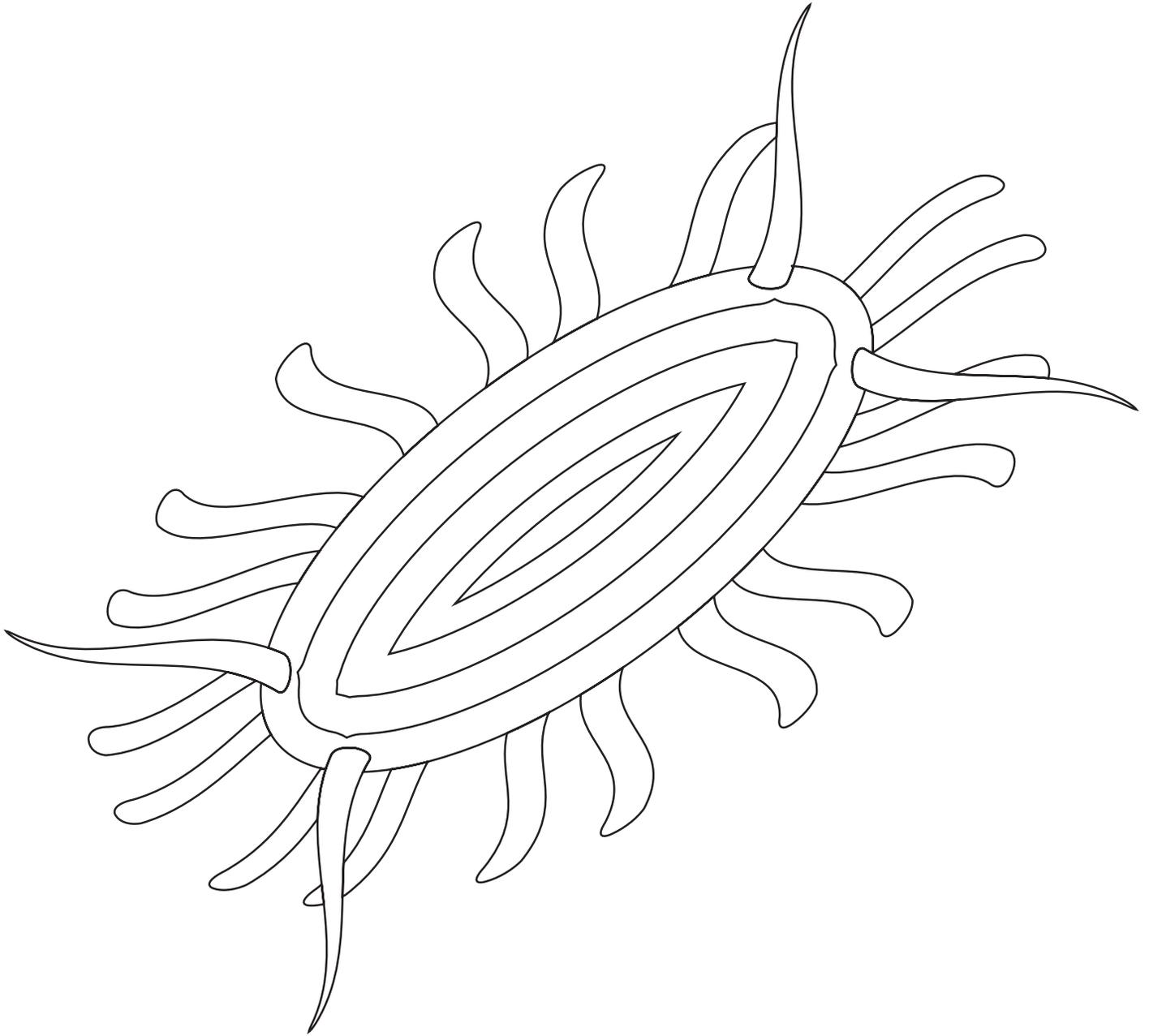
Anyone can get the flu. Serious problems from the flu can happen at any age. Some people are at higher risk of developing serious complications if they get sick. This includes people 65 years and older and people with certain chronic medical conditions, pregnant women, and young children.

The best way to prevent the flu is by getting a flu vaccine each year. The CDC recommends everyone six months of age or older get a flu shot each year.



Illustrations provided by Marin Axtell, Idaho Immunization Program.

Pertussis (Whooping Cough)



Pertussis, also known as whooping cough, is a very contagious respiratory disease.

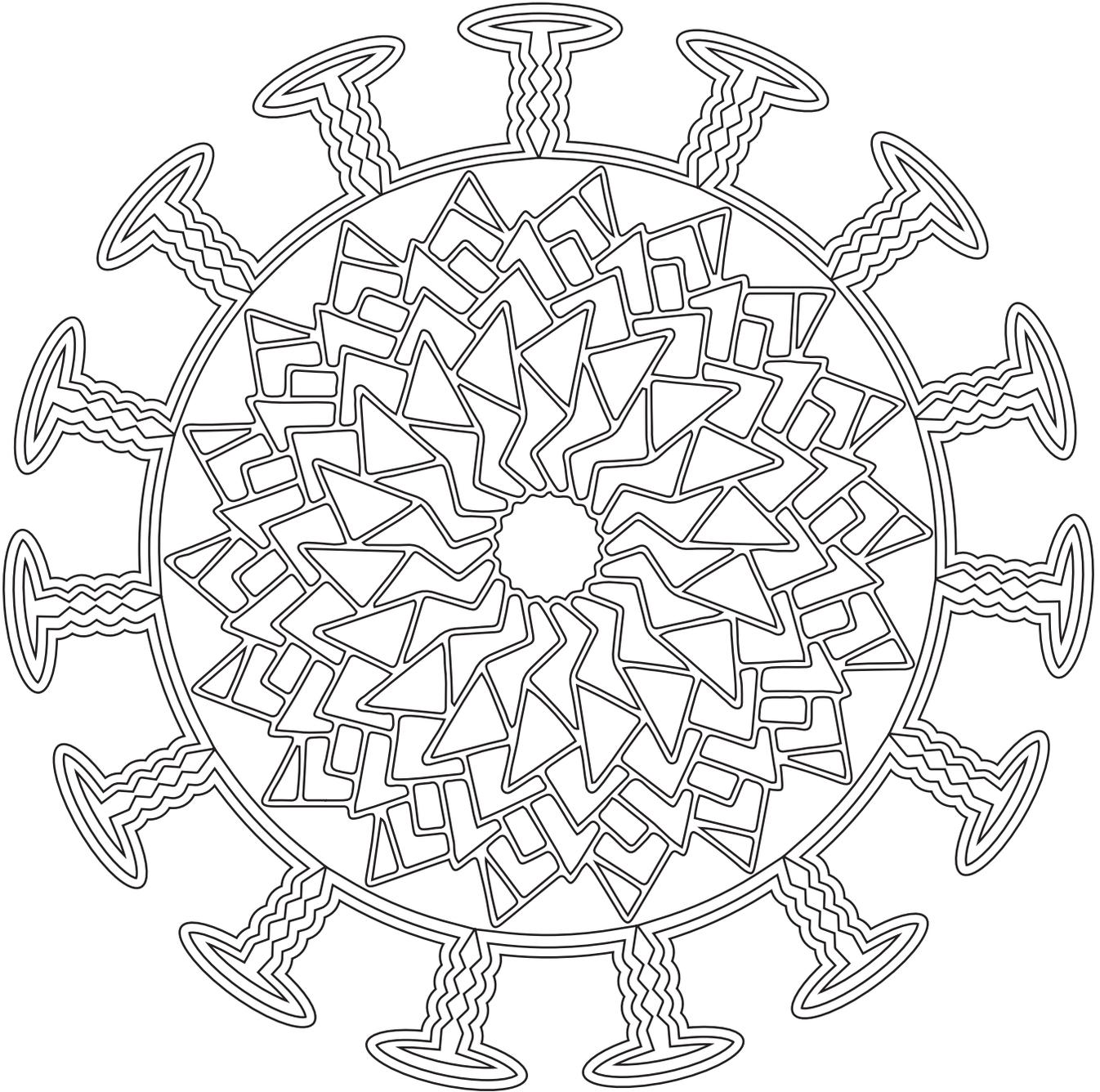
It is known for uncontrollable, violent coughing which often makes it hard to breathe.

Pertussis can affect people of all ages, but can be very serious, even deadly, for babies younger than a year old.

The best way to protect against pertussis is by getting vaccinated. Pertussis vaccine is recommended for all babies, teens, pregnant women and anyone coming in contact with infants.

Illustrations provided by Marin Axtell, Idaho Immunization Program.

Hepatitis B



Hepatitis B is a liver infection caused by the Hepatitis B virus. Hepatitis B is transmitted when blood, or another body fluid from a person infected with the virus enters the body of someone who is not infected. This can happen through the exchange of bodily fluids, sharing needles, syringes, or other drug injection equipment, or from mother to baby at birth. For some people, Hepatitis B is an acute or short-term illness, but for others, it can become a long-term chronic infection.

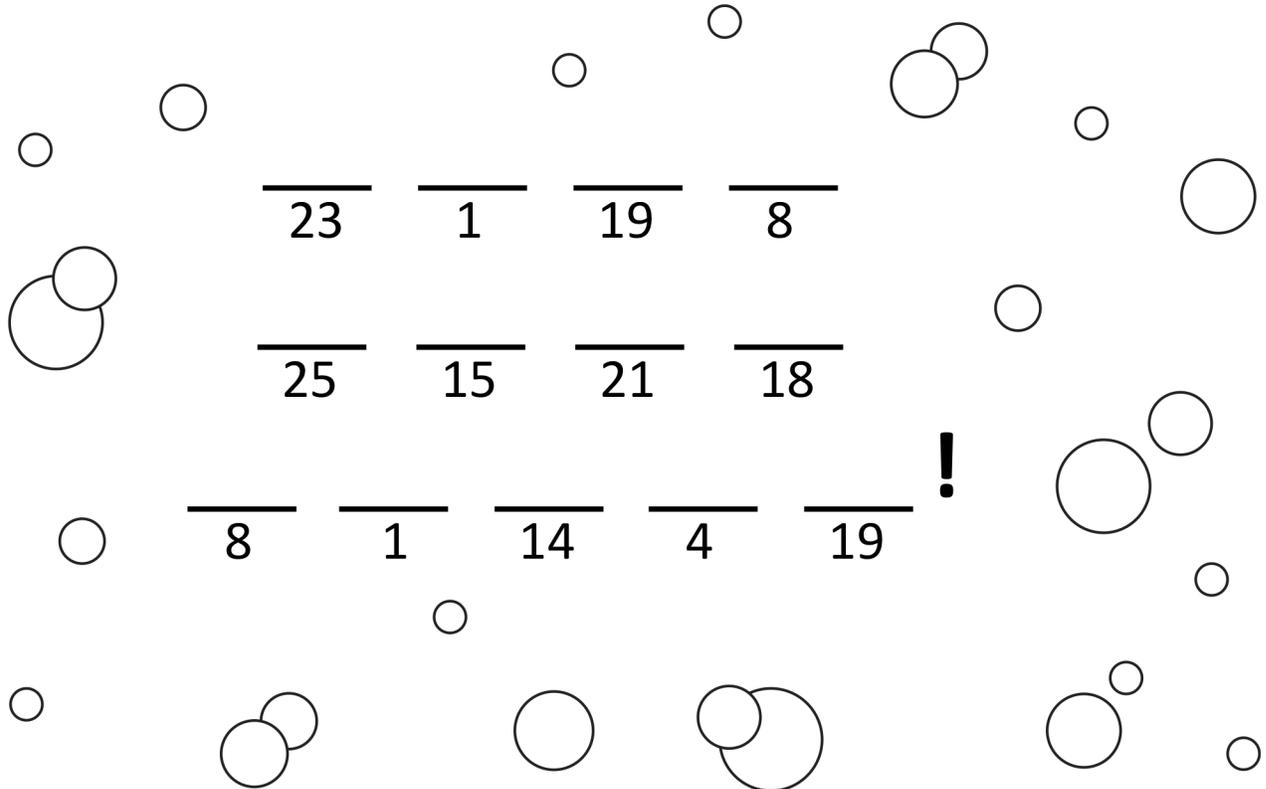
The best way to prevent Hepatitis B is by getting vaccinated.

Illustrations provided by Marin Axtell, Idaho Immunization Program.

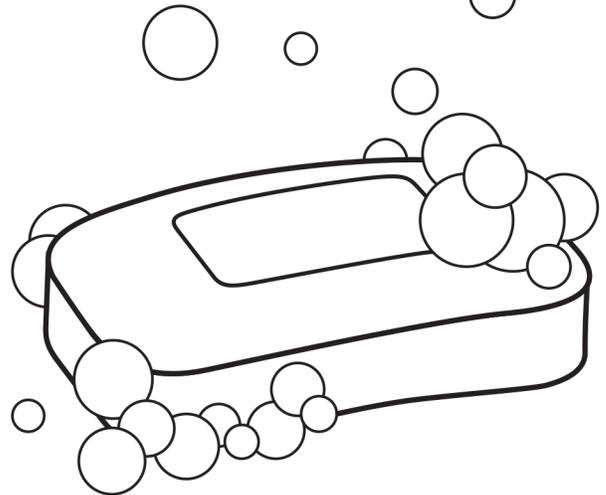
SECRET MESSAGE

A visitor is talking to his mother. He covers his mouth when he coughs and his nose when he sneezes to keep Mom from getting sick.

Decode the secret message for one step to take to help prevent the flu.



| KEY | | | |
|------------|------|------|------|
| 7-G | 14-N | 21-U | |
| 1-A | 8-H | 15-O | 22-V |
| 2-B | 9-I | 16-P | 23-W |
| 3-C | 10-J | 17-Q | 24-X |
| 4-D | 11-K | 18-R | 25-Y |
| 5-E | 12-L | 19-S | 26-Z |
| 6-F | 13-M | 20-T | |



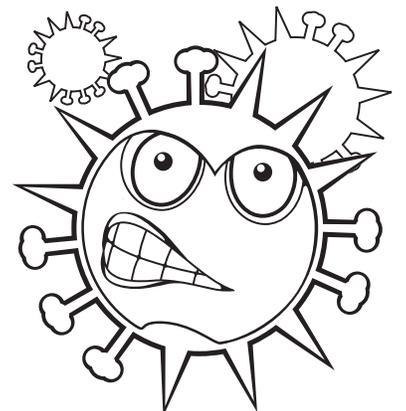
FLU WORD SEARCH

The flu can spread from one person to another and make a lot of people sick.

Find all of the flu words below. The words can be across, down, or even diagonal.

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

| | |
|----------|--------|
| COUGH | REST |
| FEVER | SHOT |
| FLU | SICK |
| GERMS | SNEEZE |
| HEADACHE | STUFFY |



Used by permission: Centers for Disease Control and Prevention

Vaccine-Preventable Diseases and the Vaccines that Prevent Them

| Disease | Vaccine | Disease Spread by | Disease Symptoms | Disease Complications |
|-----------------------------------|--|---|---|--|
| SARS COVID-19 | COVID-19 vaccines and bivalent booster vaccine | Air, direct contact, contaminated surfaces | Tired, headache, fever, difficulty breathing, muscle pain | Long COVID, ongoing weakness, long term hospitalization, pneumonia, death |
| Diphtheria | Tdap* and Td** vaccines protect against diphtheria. | Air, direct contact | Sore throat, mild fever, weakness, swollen glands in neck | Swelling of the heart muscle, heart failure, coma, paralysis, death |
| Hepatitis B | HepB vaccine protects against hepatitis B. | Contact with blood or body fluids | Can have no symptoms or can have fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain | Chronic liver infection, liver failure, liver cancer |
| Influenza (Flu) | Flu vaccine protects against influenza. | Air, direct contact | Fever, muscle pain, sore throat, cough, extreme fatigue | Pneumonia (infection in the lungs) |
| Pertussis (Whooping cough) | Tdap* vaccine protects against pertussis. | Air, direct contact | Severe cough, runny nose, apnea (a pause in breathing in infants) | Pneumonia (infection in the lungs), death |
| Pneumococcal Diseases | Pneumococcal vaccines protect against pneumococcal diseases. | Air, direct contact | Can have no symptoms or can have pneumonia (infection in the lungs) | Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death |
| Shingles (Herpes Zoster) | Zoster vaccines protect against Shingles | It is a secondary disease infection that people may get many years after having chickenpox. | Extremely painful rash or lesions that can occur on the face, torso, legs or other parts of the body. | Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs) |
| Tetanus | Tdap* and Td ** vaccines protect against tetanus. | Exposure through cuts on skin | Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever | Broken bones, breathing difficulty, death |

* Tdap combines protection against diphtheria, tetanus, and pertussis.

** Td combines protection against diphtheria and tetanus.

Answer Key

Page 3: Answers to Word Scramble

1. Influenza
2. Covid
3. Pertussis
4. Shingles
5. Tetanus
6. Sick

Page 4: Vaccine-Preventable Diseases Word Find

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

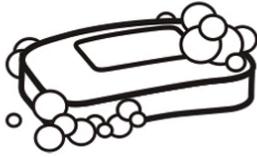
Answer Key

Page 15: Answers to Secret Message

$\frac{W}{23}$ $\frac{A}{1}$ $\frac{S}{19}$ $\frac{H}{8}$

$\frac{Y}{25}$ $\frac{O}{15}$ $\frac{U}{21}$ $\frac{R}{18}$

$\frac{H}{8}$ $\frac{A}{1}$ $\frac{N}{14}$ $\frac{D}{4}$ $\frac{S}{19}$!



Page 16: Answers to Flu Word Search

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

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