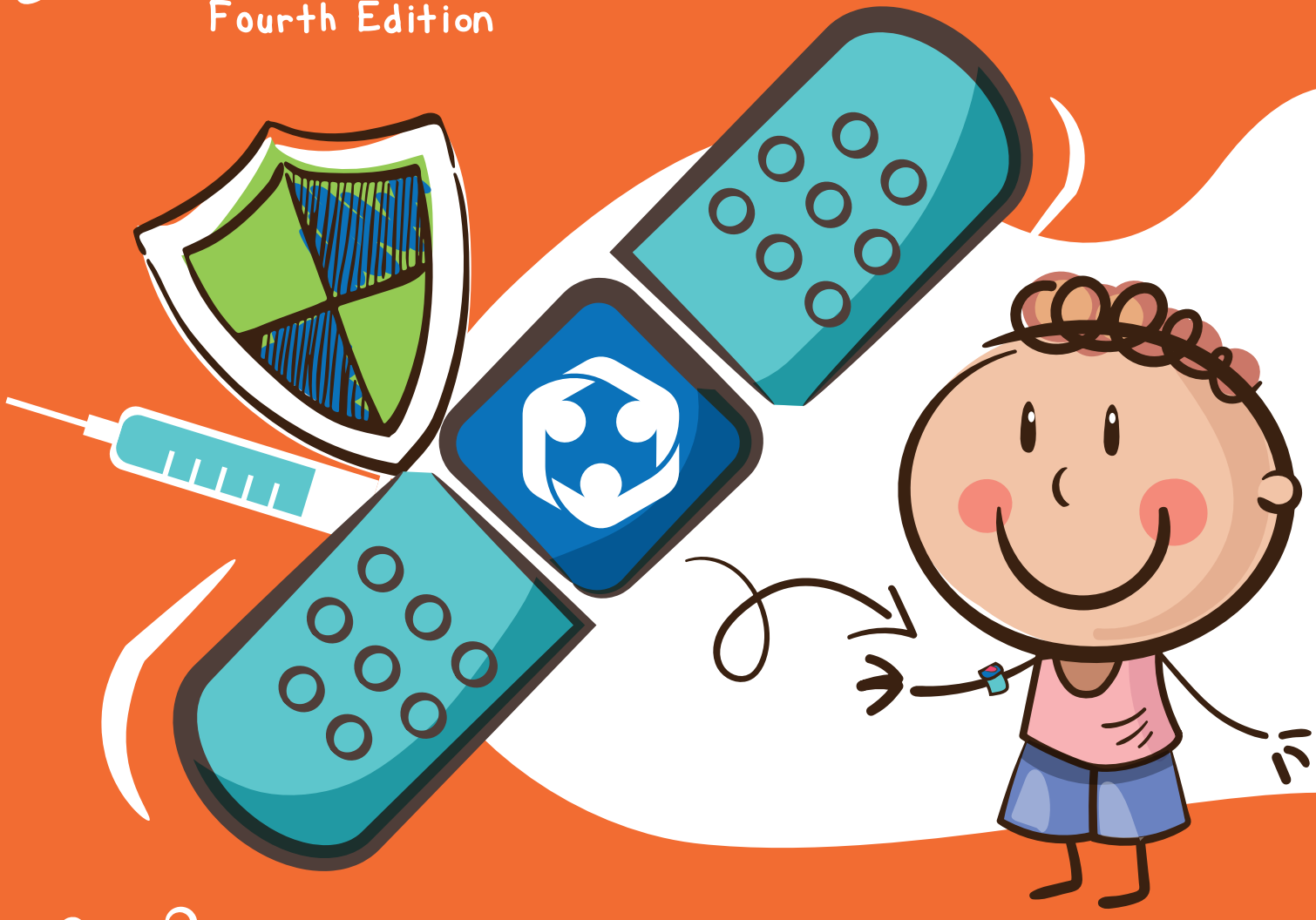
Activity Book

Achú

gets vaccinated

Fourth Edition



Puerto Rico
Public Health Trust

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This book was created by:

ENLACE COMUNITARIO

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Fideicomiso para Ciencia, Tecnología e Investigación de Puerto Rico

From Loíza to Puerto Rico and the World

Children are the present and the future of our communities

This fourth edition of Achú was created from the voice of the students from the Alianza Cacica Yuísa Public School in the municipality of Loíza. It aims to educate children and parents and promote the COVID-19 vaccination for children between the ages of 5 to 11 years old.

Learn and share

What is a vaccine?

A vaccine is like a shield that protects you from a disease. Now, children from 5 to 11 years old have the chance to have a shield against COVID-19, like adults. We want to get back to normal!

Is the COVID-19 vaccine safe for children?

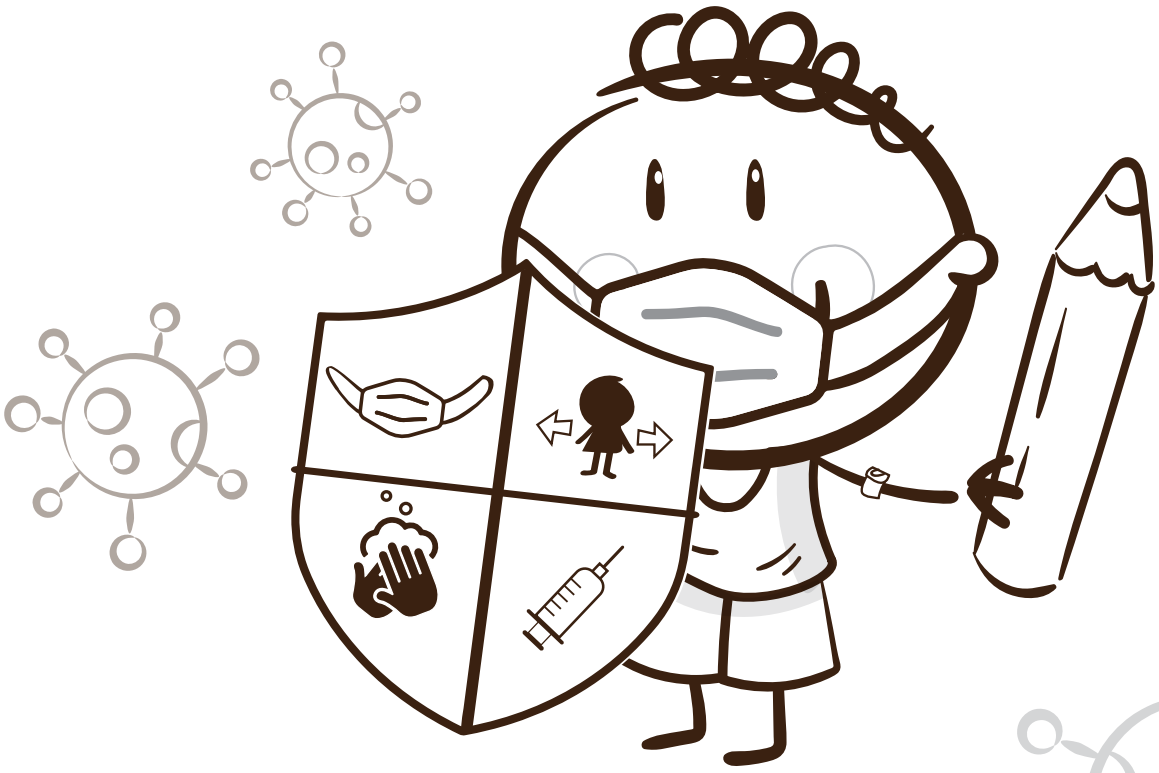
All scientific studies show that the COVID-19 vaccine is safe and effective.

Why should I get vaccinated?

Vaccines protect us against serious diseases like COVID-19. They are also important for the health of our family, our community and the planet.

If almost all children are vaccinated, it will be very difficult for the germs of these diseases to make others sick.

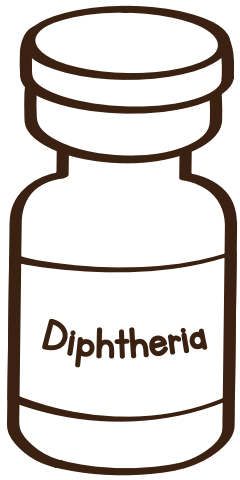
Get vaccinated and activate your protection shield.
Facemask, physical distancing, hand washing and vaccination

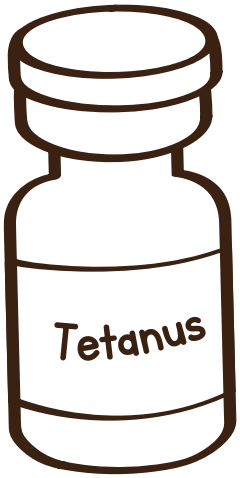


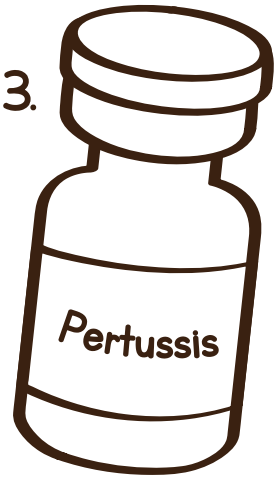
Vaccines protect us

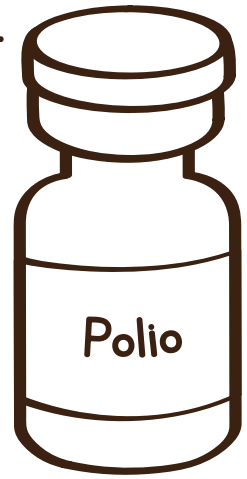
We have received many vaccines since we were children. Millions of children and adults get vaccinated every year, to protect us from many diseases.

Instructions - Ask an adult to help you color in the vaccines you have received. Vaccines are safe!

1. 

2. 

3. 

4. 

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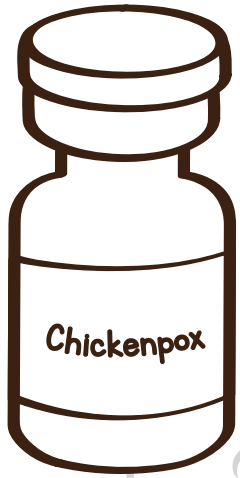
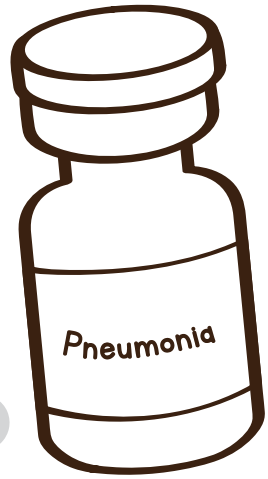
7. 

8. 

Express yourself

We know that at the time of vaccination we may feel fear or be worried.

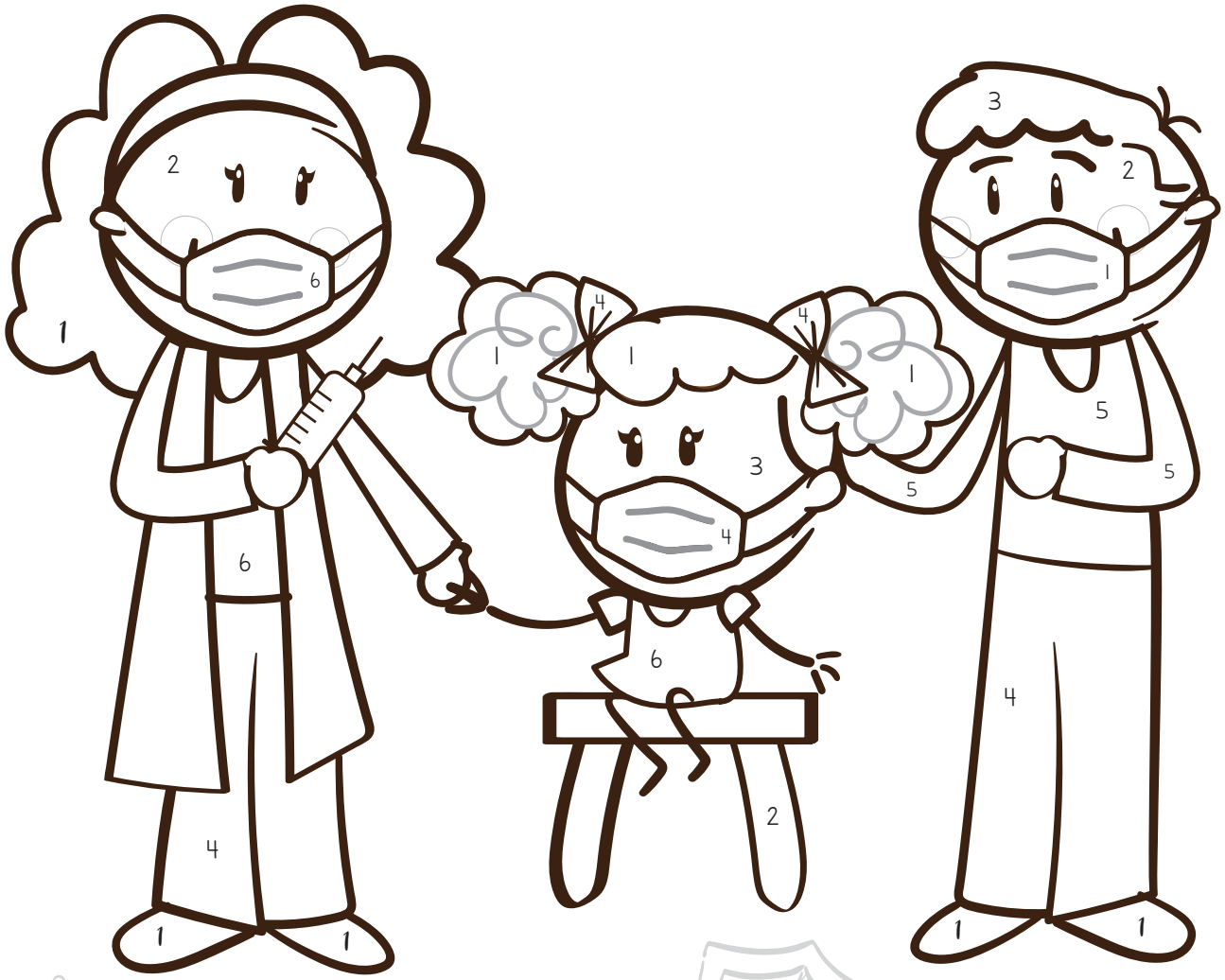
Step 1	Step 2	Step 3
Take a deep breath.	Look away.	Think about something you like.

Ouch!

When we get the vaccine, we will feel a prick that may hurt, but it is only for a short time. We may also experience symptoms such as fever and arm pain, but we will be protected against COVID-19. Ask your mom, dad or guardian to check with your pediatrician about any symptoms you may have.

Color the picture with the corresponding colors.

1= 2= 3= 4= 5= 6=



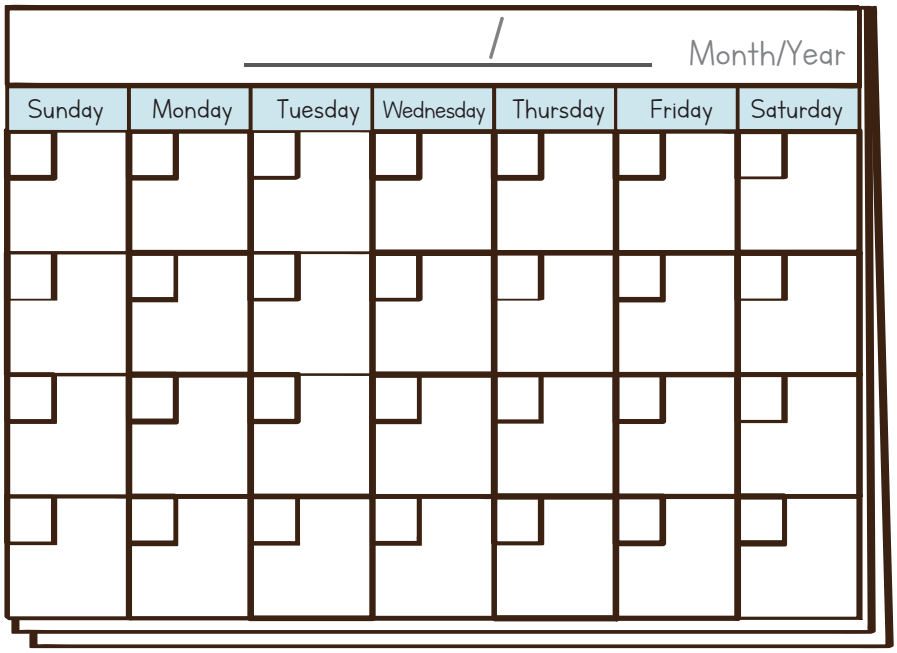
Fight against COVID-19

Instructions: Connect the dots and color the image to create your protection shield.

Don't forget your date

Instructions: Use the calendar below to indicate the date of your first and second dose (remember: it is at least 21 days). Also, indicate if you had any side effects.

COVID-19 Vaccine Calendar



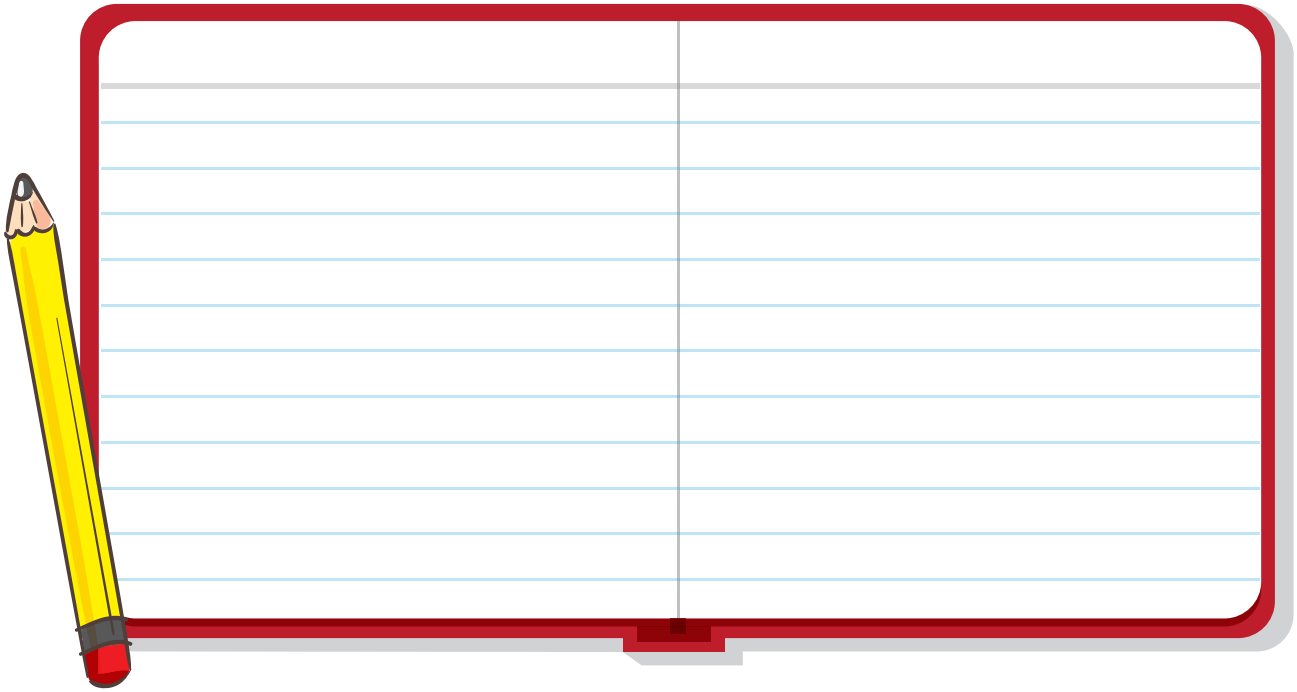
On the arm where you got the vaccine:

- Pain
- Redness
- Swelling
- Other: _____

On the rest of the body:

- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea
- Other: _____

Instructions: Write or draw the story of the day you were vaccinated.



It's time to relax!

Let's fill a very large imaginary balloon.

How do we do it?

- [ ] **Step 1** — Sit comfortably in a chair with your back straight.
- [ ] **Step 2** — Imagine that you are going to fill a very large colorful balloon.
- [ ] **Step 3** — Take a deep breath, take in air through your nose and then blow it out through your mouth.
- [ ] **Step 4** — Imagine the colored balloon filling up and getting bigger and bigger.

Congratulations!

The Puerto Rico Public Health Trust, awards this certificate to

_____

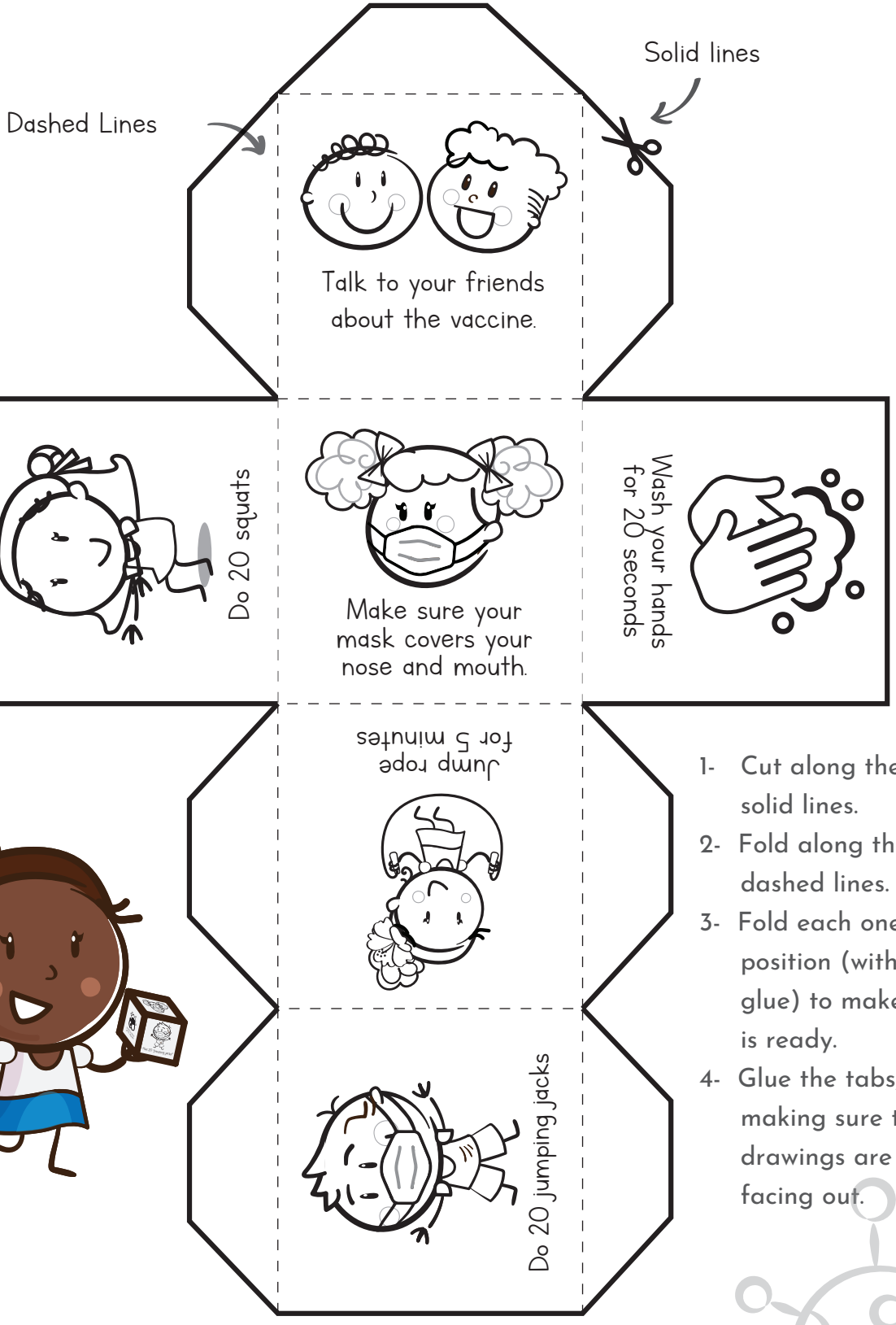
for getting vaccinated and helping to keep COVID-19 out of your community to make it a safe one for everyone.

Remember that we must continue to use masks, hand washing, and physical distancing.

Your healthy dice

Instructions: Color, cut and paste, to form your healthy dice.

Roll the dice and complete the activity.



1- Cut along the solid lines.
2- Fold along the dashed lines.
3- Fold each one into position (without glue) to make sure it is ready.
4- Glue the tabs, making sure the drawings are facing out.

Just in case...

If our fathers, mothers or caregivers have doubts, here are some frequently asked questions.

1 - Should I vaccinate my child?

It is recommended that you vaccinate your child for the following reasons:

- Vaccinating children helps protect family members, including siblings who are not eligible for vaccination and family members who are at higher risk of becoming seriously ill, if infected.
- Vaccination can help prevent children from becoming seriously ill, even if they get COVID-19.
- Vaccinating children 5 years of age and older helps keep them stay in school and safely participate in sports, games, and other group activities.
- The long-term reactions of COVID-19 in childhood are not yet known.

2 - COVID-19 deaths are low in children, should I still vaccinate my children?

Although COVID-19 tends to be milder in children compared to adults, it can still cause children to become seriously ill, be hospitalized, or suffer short- and long-term health complications from COVID-19. They can also infect others.

3 - Which of all the COVID-19 vaccines will my 5- to 11-year-old child receive?

Currently, the only vaccine that is licensed for children 5 to 11 years old is the Pfizer-BioNTech vaccine.

4 - Is the vaccine safe?

Yes. The Centers for Disease Control and Prevention (CDC) constantly monitors the safety of COVID-19 vaccines.

5 - Can my child get COVID-19 from receiving the COVID-19 vaccine?

No. By vaccinating your child you are protecting him/her against COVID-19 and in no way can he/she catch the virus from the vaccine.

6 - What can I do to manage side effects?

Ask your child's pediatrician or healthcare provider if he or she recommends using a non-aspirin pain reliever or taking other measures at home after your child is vaccinated. Aspirin is generally not recommended for children and adolescents under 18 years of age. Placing a cold, wet cloth on the injection site may relieve discomfort.

7 - Will the vaccine cause long-term effects in children?

No. The safety studies that were analyzed by the Federal Drug Administration (FDA) and the CDC show that the vaccine is safe and there are no long-term effects.

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A program of: Puerto Rico Science, Technology & Research Trust

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