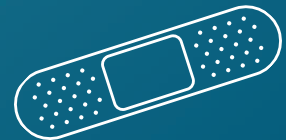


# Be Safe & Be Healthy!



Health tips and coloring fun from  
Kitsap Public Health District.

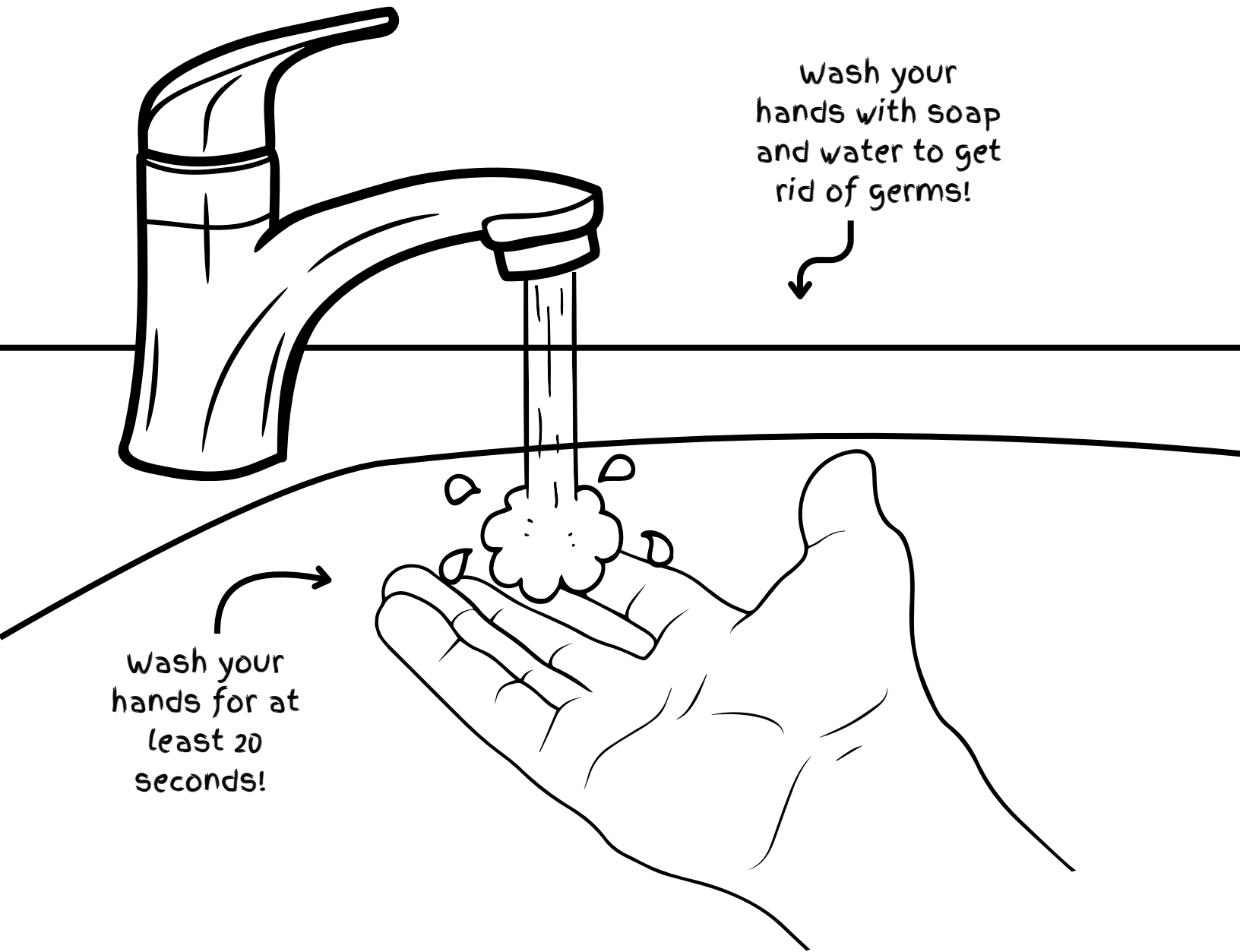


KITSAP PUBLIC  
HEALTH DISTRICT

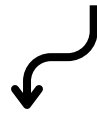
This book belongs to:



# WASH YOUR HANDS!



Wash your hands with soap and water to get rid of germs!



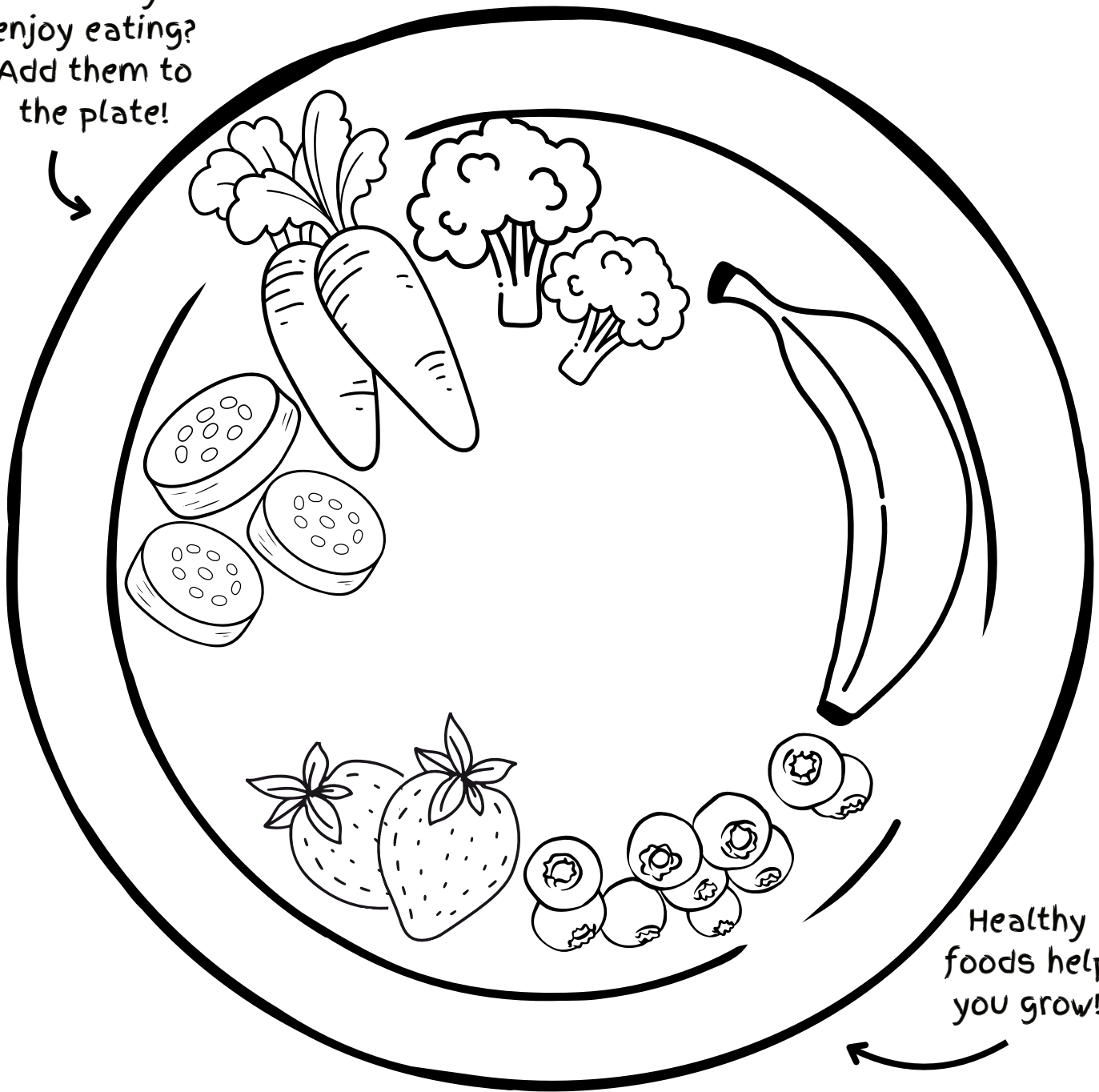
Wash your hands for at least 20 seconds!



**Did you know?** Kitsap Public Health visits schools to teach handwashing.

# EAT HEALTHY!

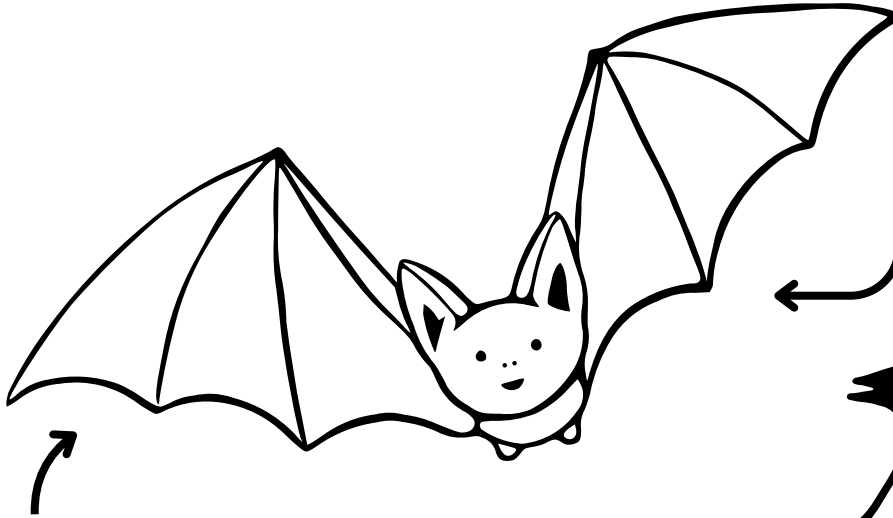
What healthy foods do you enjoy eating? Add them to the plate!



Healthy foods help you grow!

**Did you know?** Kitsap Public Health promotes healthy eating and access to fresh foods.

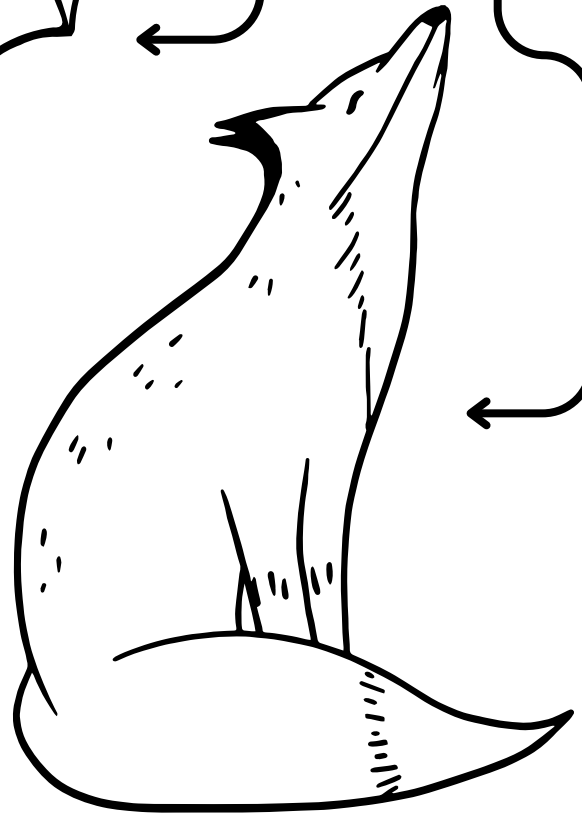
# DON'T TOUCH WILD ANIMALS!



Some animals can have a disease called rabies and can make you sick if they bite or scratch you.



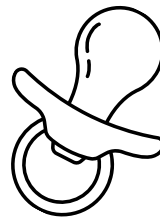
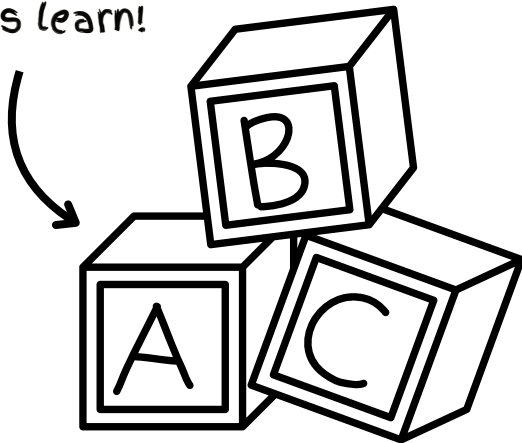
Even if they look cute, do not touch wild animals!



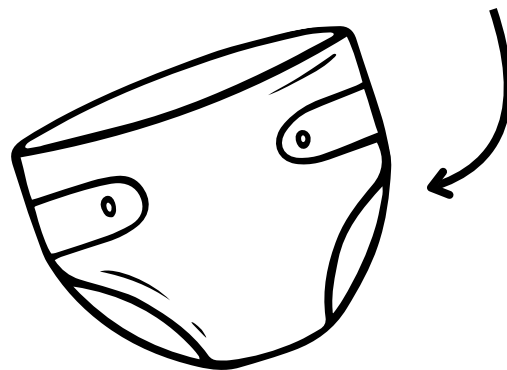
**Did you know?** Kitsap Public Health teaches families how to keep themselves safe from rabies.

# BE THERE FOR BABIES!

Playing helps babies learn!



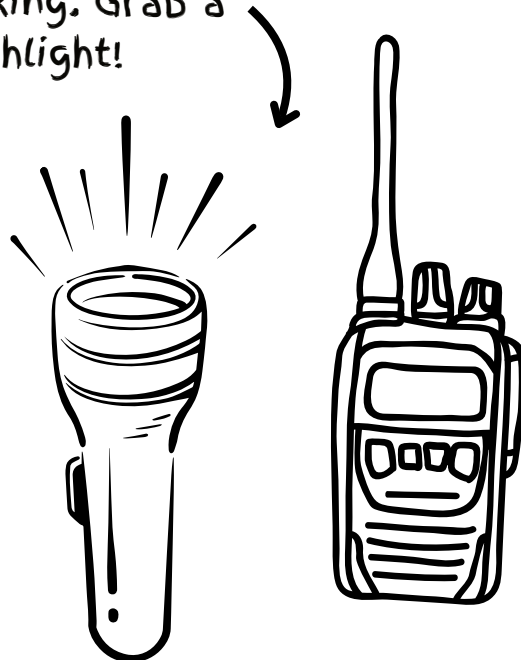
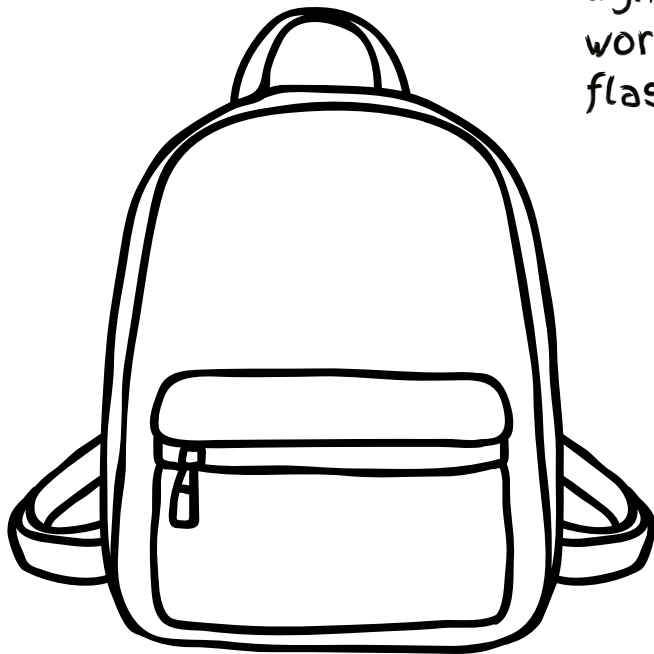
Babies will use over 2,000 diapers in their first year of life!



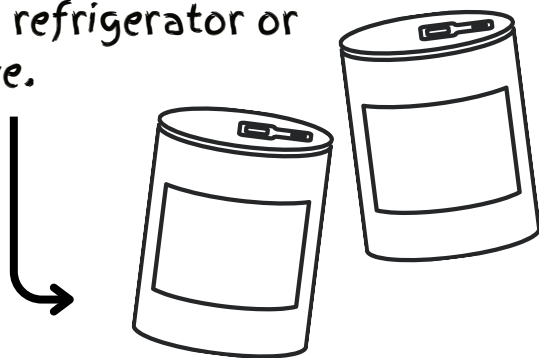
**Did you know?** Kitsap Public Health provides support and resources for people who are pregnant and their babies.

# ALWAYS BE READY!

In a storm, your lights might stop working. Grab a flashlight!



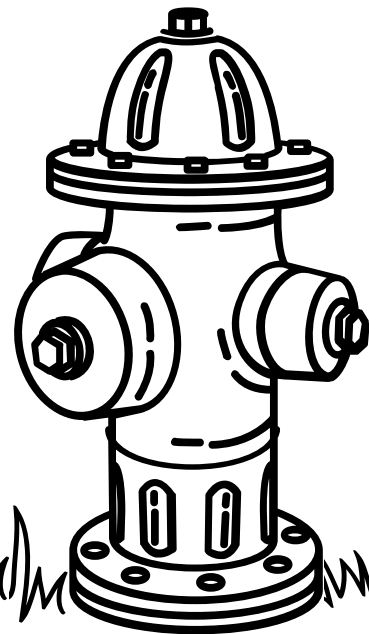
Have canned food ready in case you can't use your refrigerator or stove.



**Did you know?** Kitsap Public Health helps our community get prepared for emergencies.

# SCOOP THE POOP!

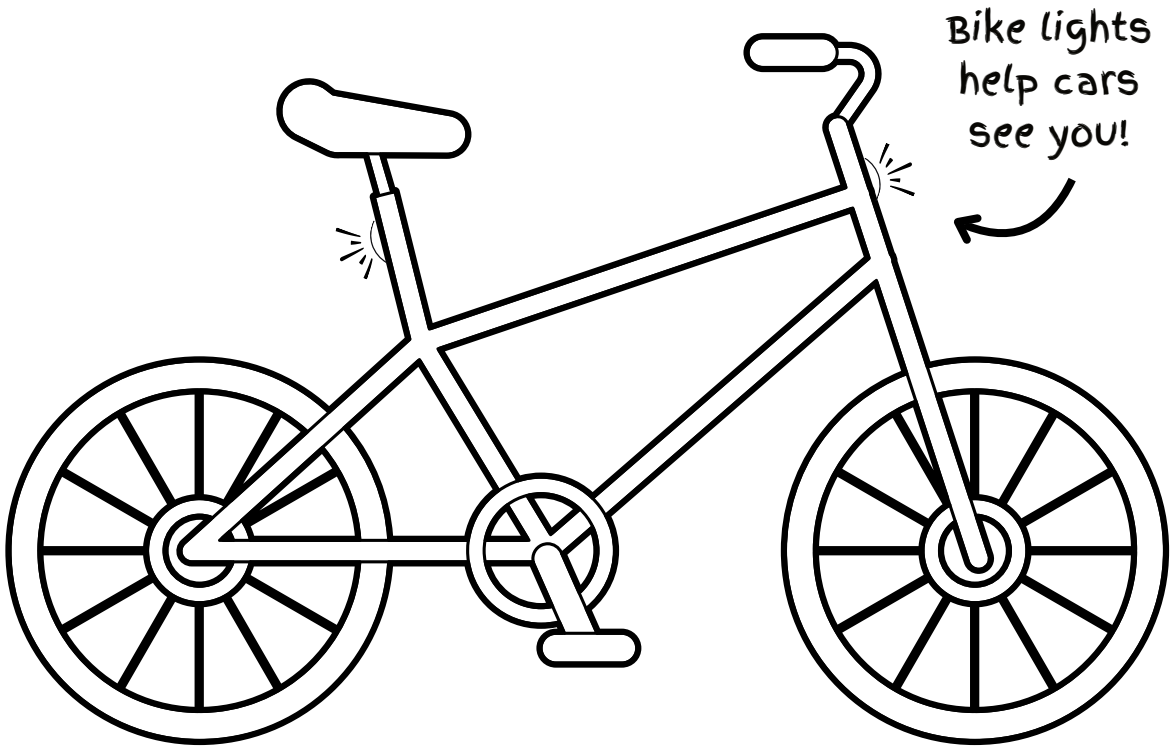
Leaving dog poop on the ground can spread germs and make water gross. Make sure it's cleaned up quickly!



**Did you know?** Kitsap Public Health checks streams and beaches for pollution from human and animal waste.



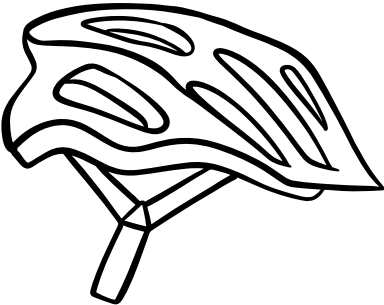
# BE SAFE ON THE ROAD!



Bike lights help cars see you!



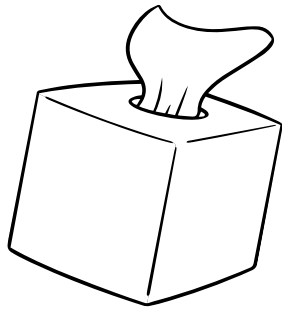
A helmet protects your brain!



Stand out and wear bright clothes!

**Did you know?** Kitsap Public Health helps prevent injuries for people of all ages.

# COVER YOUR COUGH!



If you use a tissue,  
throw it in the  
garbage right away  
and wash your  
hands!



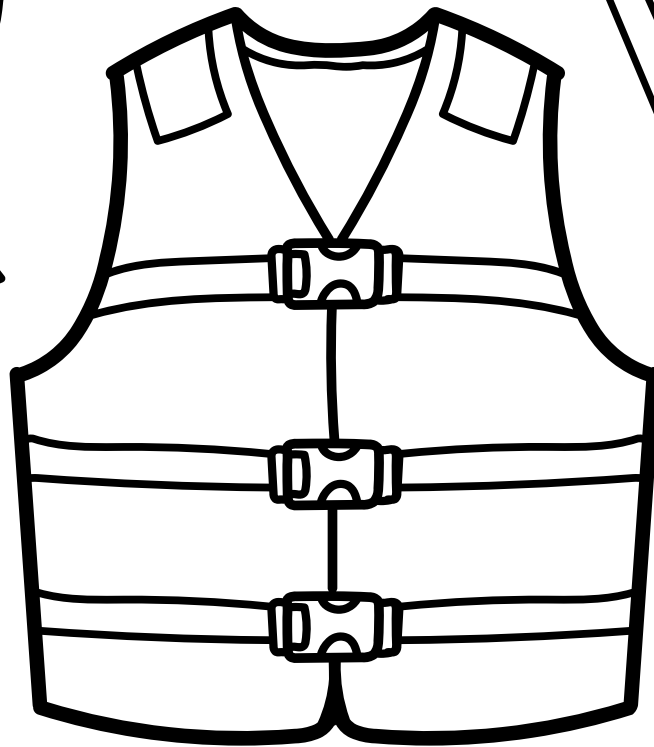
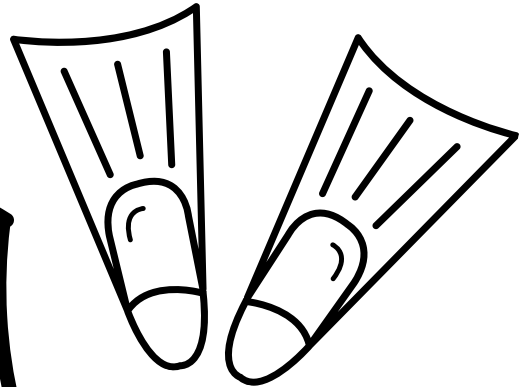
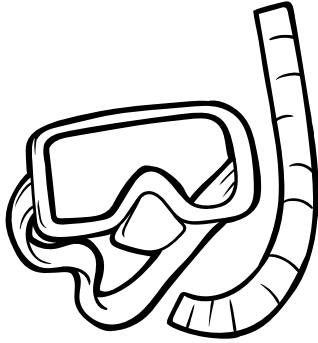
If you can't wash  
your hands, use  
hand sanitizer!



Sneeze and  
cough into your  
elbow! This  
stops tiny  
germs from  
getting your  
friends and  
family sick.

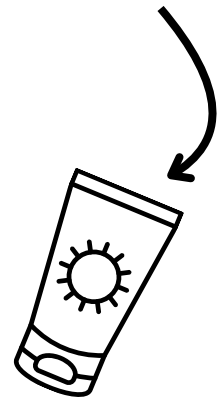
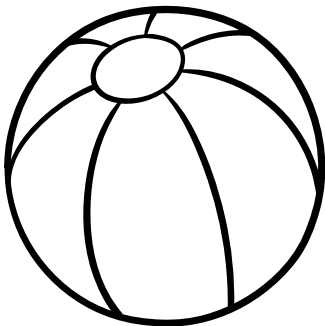
**Did you know?** Kitsap Public Health helps prevent diseases from spreading in the community.

# BE SAFE IN THE WATER!



Life jackets help us float in the water!

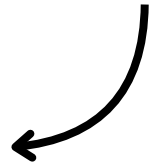
Sunscreen protects our skin!



**Did you know?** Kitsap Public Health helps families stay safe and healthy when they swim.

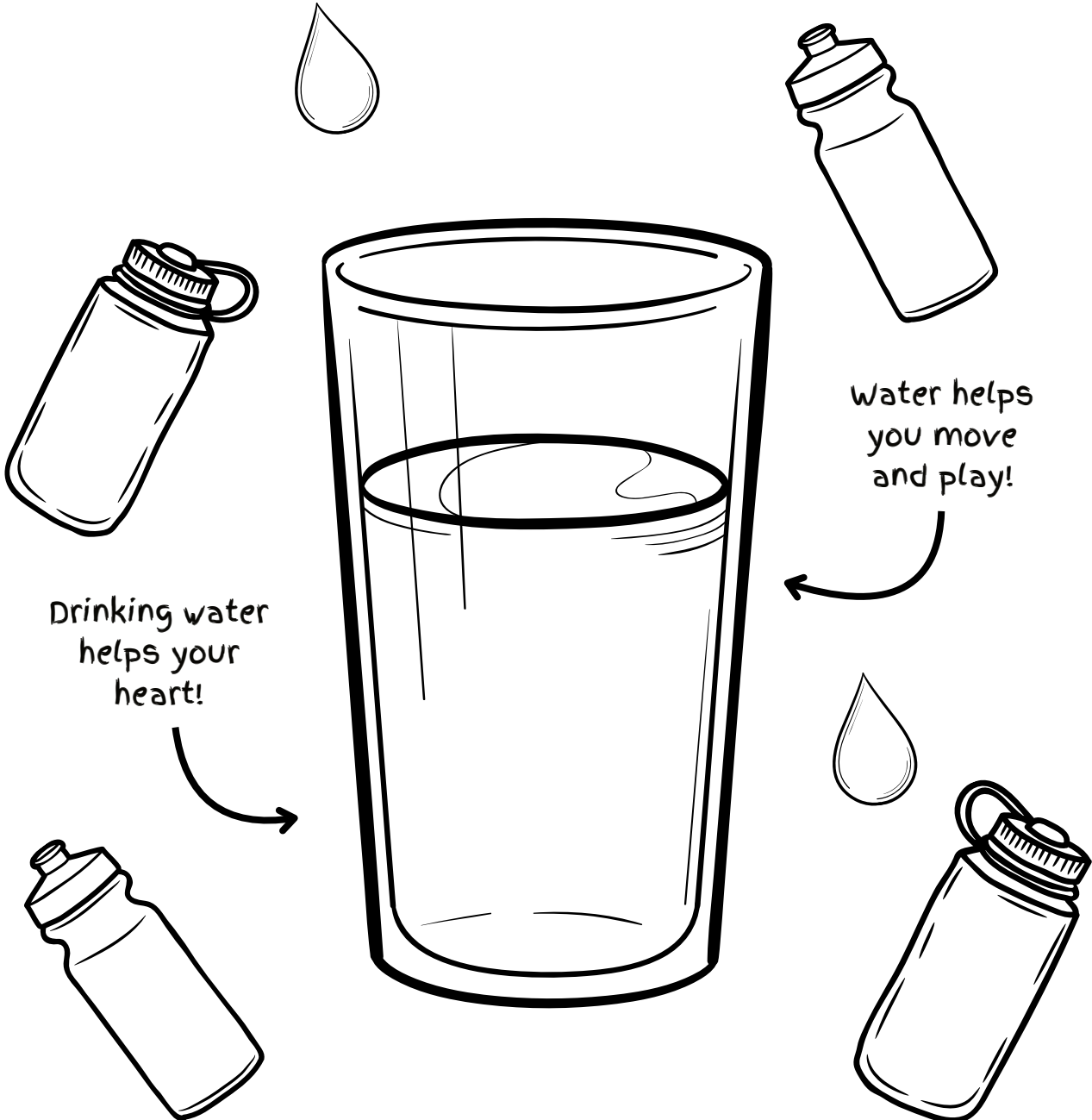
# SHARE WHAT MATTERS!

What do you think makes the world a healthier place? Write it here!

A large, empty rectangular box with a black border, intended for users to write their answers to the question.

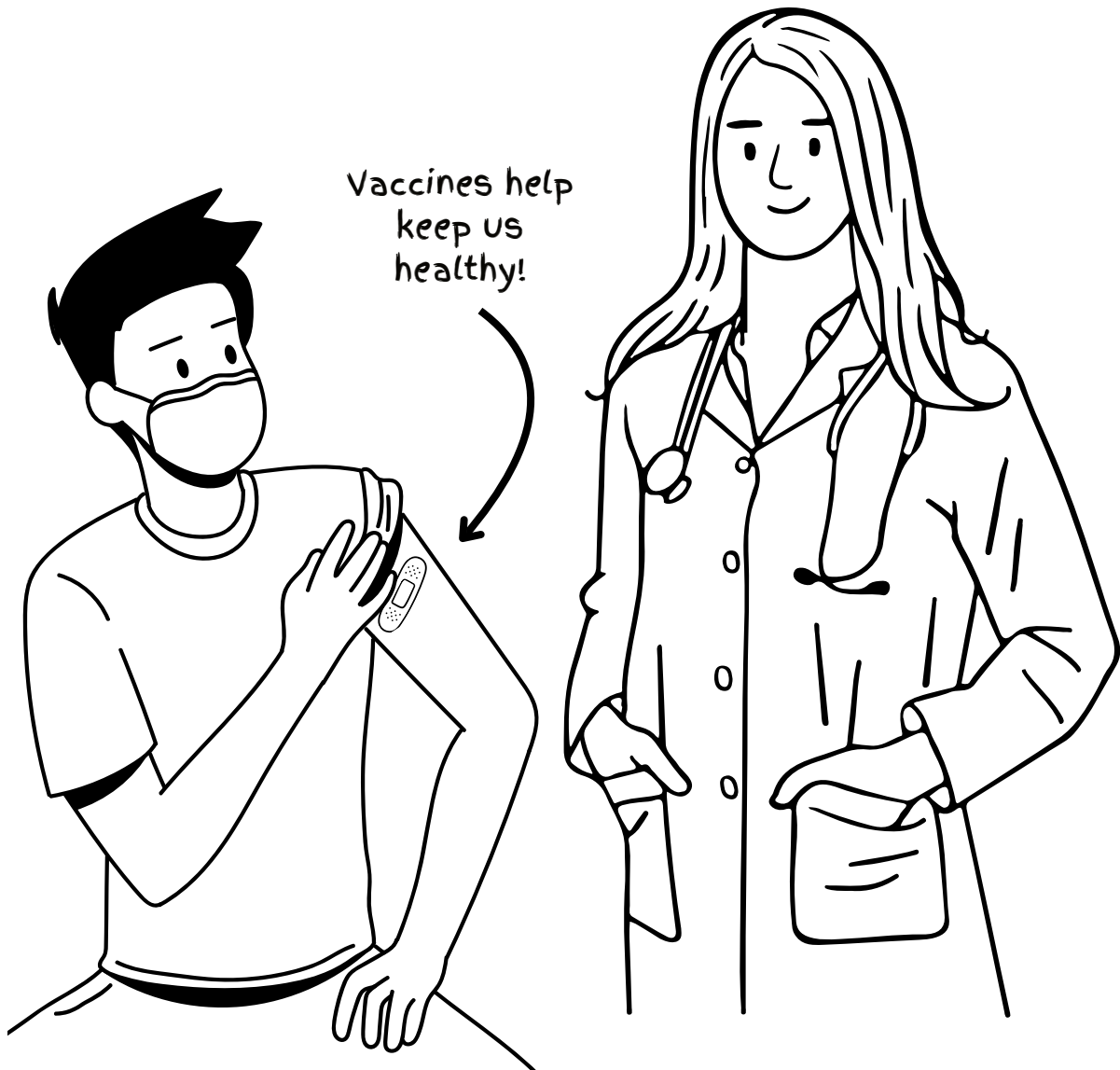
**Did you know?** Kitsap Public Health encourages youth to express themselves and get involved in their community.

# DRINK WATER!



**Did you know?** Kitsap Public Health makes sure water is safe to drink.

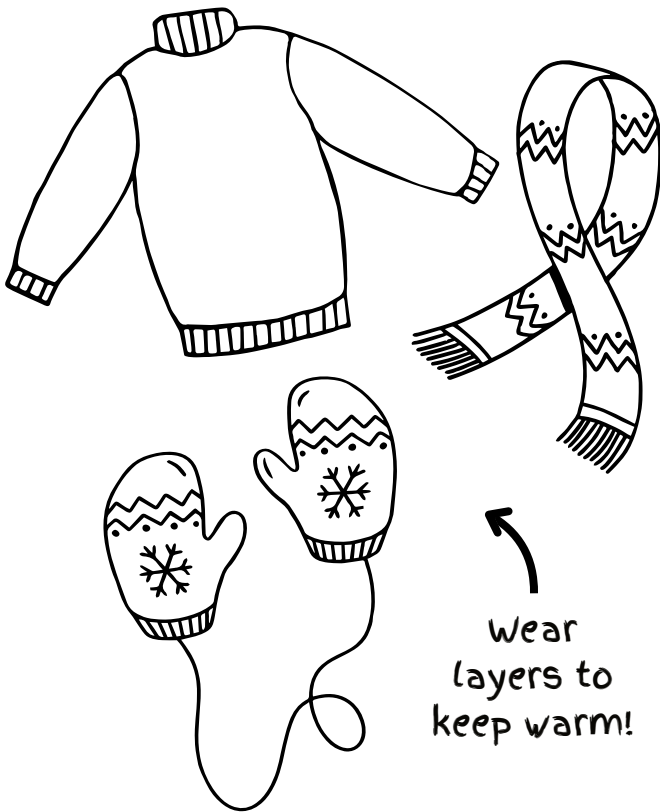
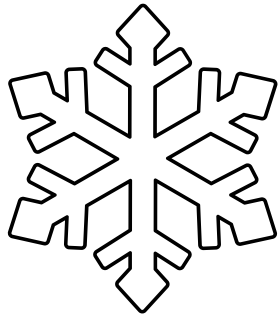
# GET YOUR SHOT!



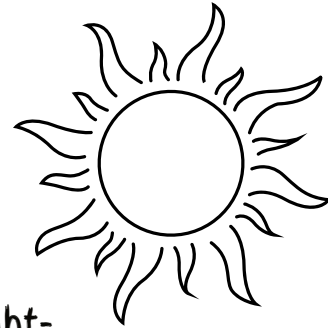
Vaccines help  
keep us  
healthy!

**Did you know?** Kitsap Public Health helps people get vaccinated to stay healthy.

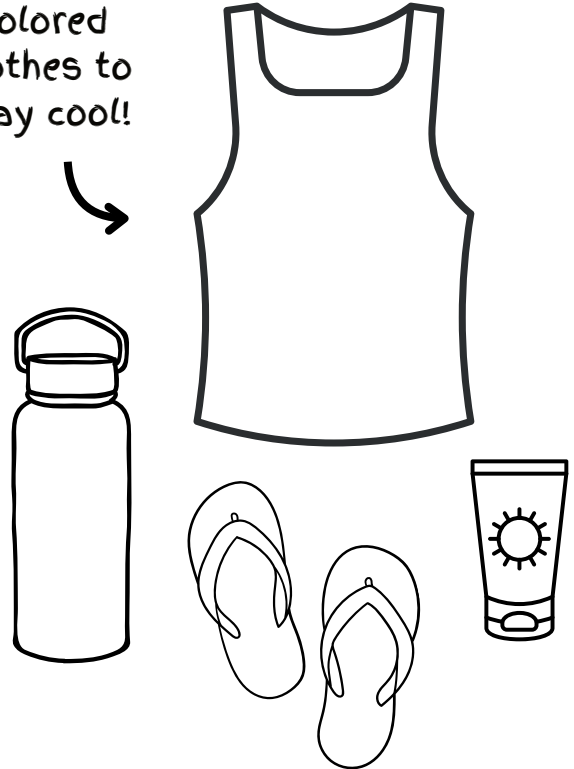
# PREPARE FOR WEATHER!



Wear layers to keep warm!

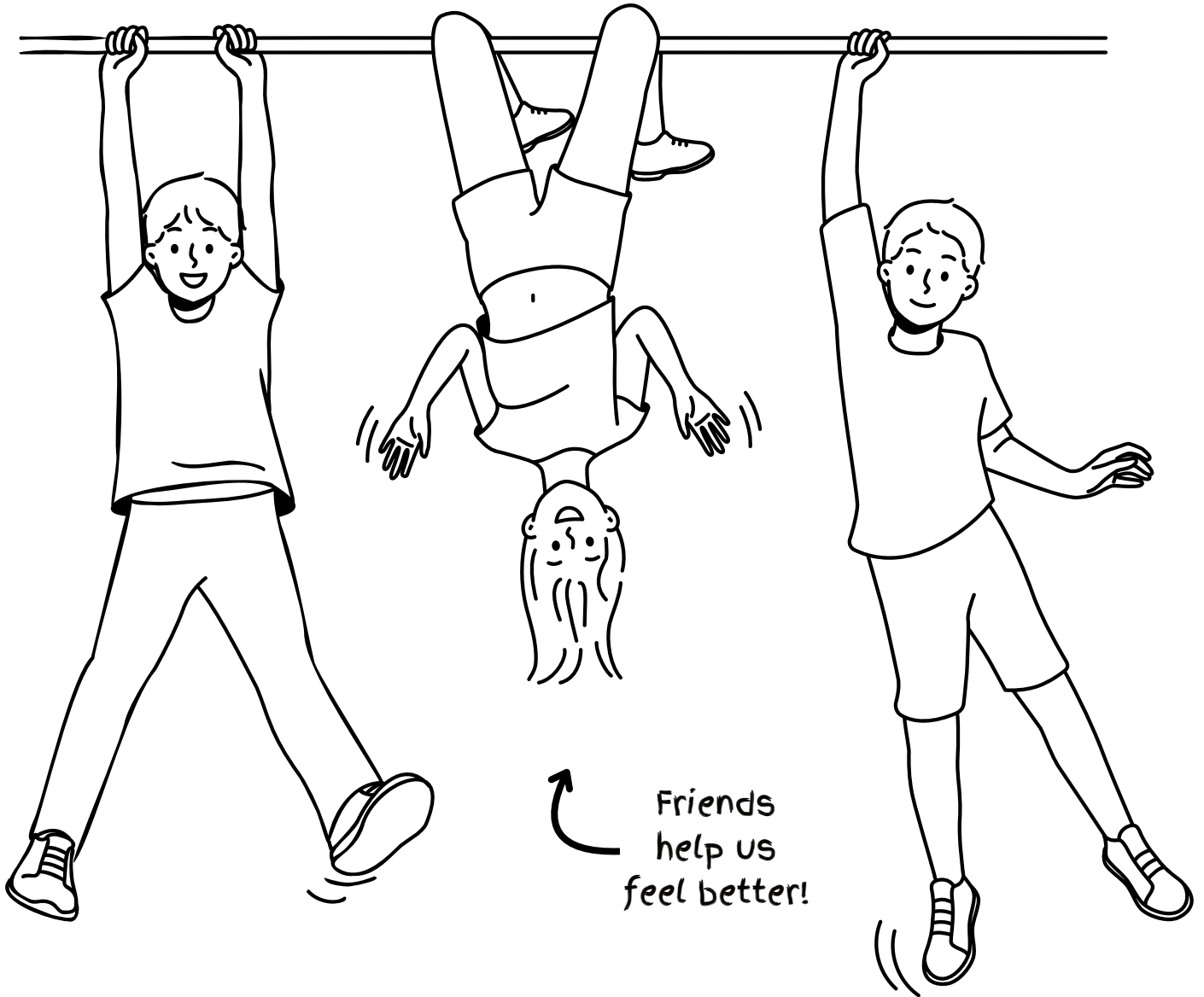


Wear light-colored clothes to stay cool!



**Did you know?** Kitsap Public Health teaches everyone how to stay safe and healthy no matter the weather.

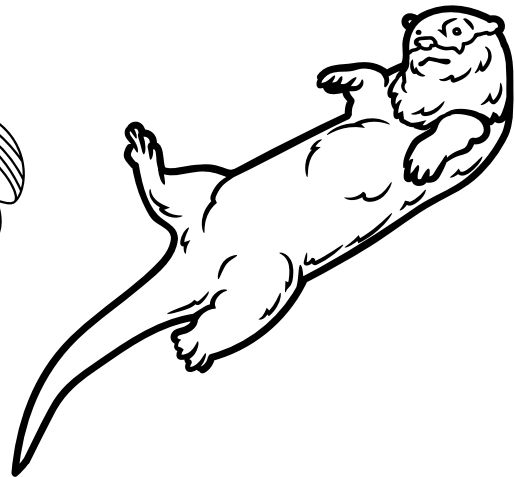
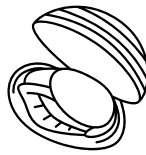
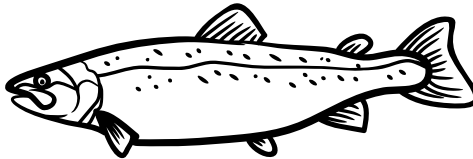
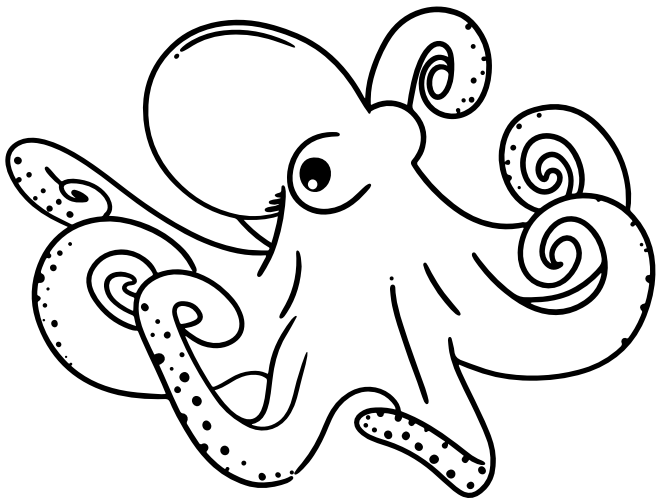
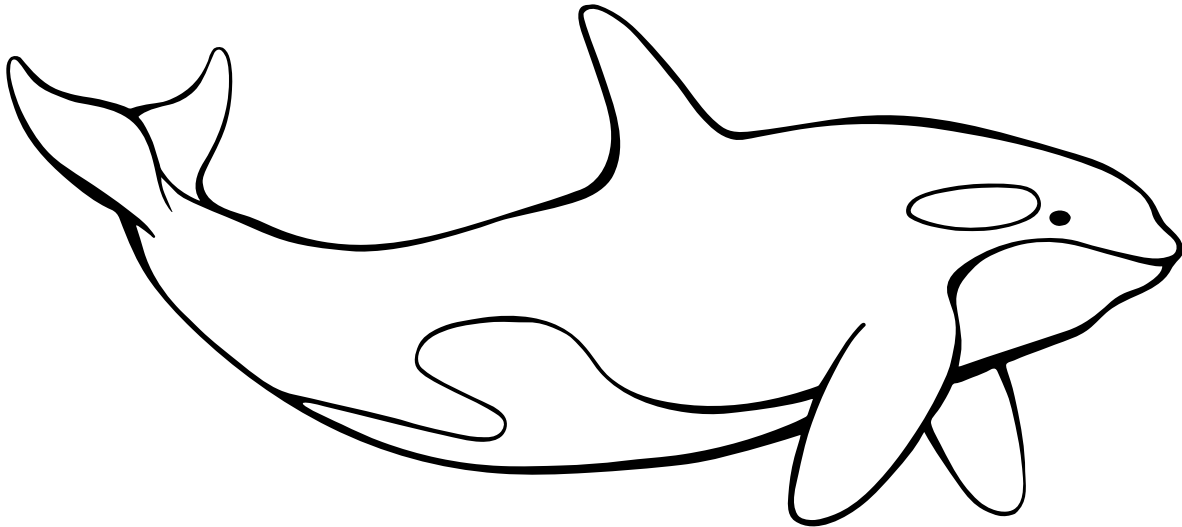
# BE A FRIEND!



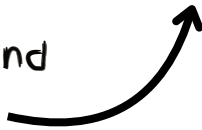
**Did you know?** Kitsap Public Health supports healthy activities that help youth create positive relationships and build self-esteem.



# KEEP THE OCEAN CLEAN!

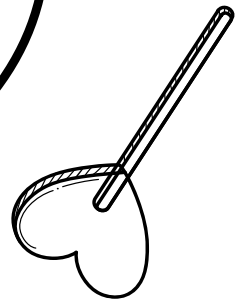
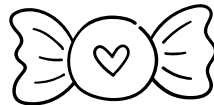
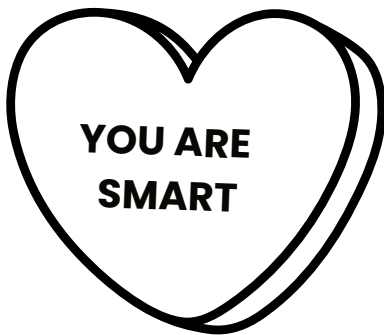
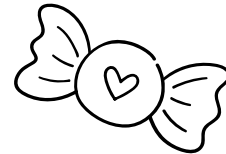
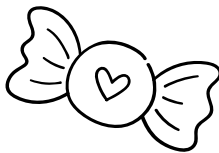
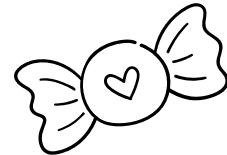
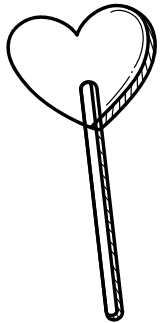
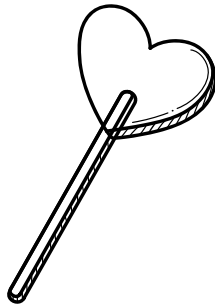


Help keep garbage  
out of the ocean and  
protect wildlife!



**Did you know?** Kitsap Public Health works to prevent water pollution to protect people and the environment.

# BE PROUD OF YOU!



**Kitsap Public Health is proud to serve the amazing people of Kitsap County.**  
Thank you for making our community a safer and healthier place!



**This coloring book was created by:**

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[kitsappublichealth.org](http://kitsappublichealth.org)

