

APH Austin
Public
Health
PREVENT. PROMOTE. PROTECT.

BE YOUR CHILD'S
HERO

Free!

A COMIC
Coloring
Book!

Health Hero

You
can be the
Hero!

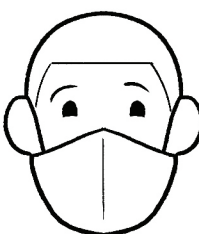
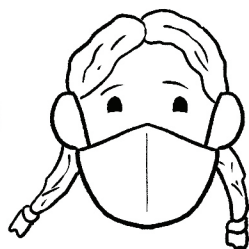
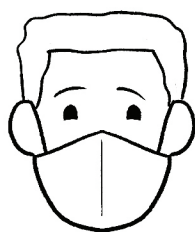
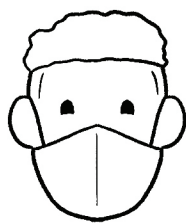
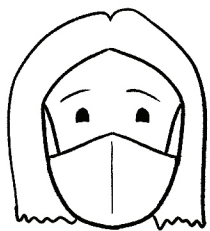


Watch out for **The Germs!**

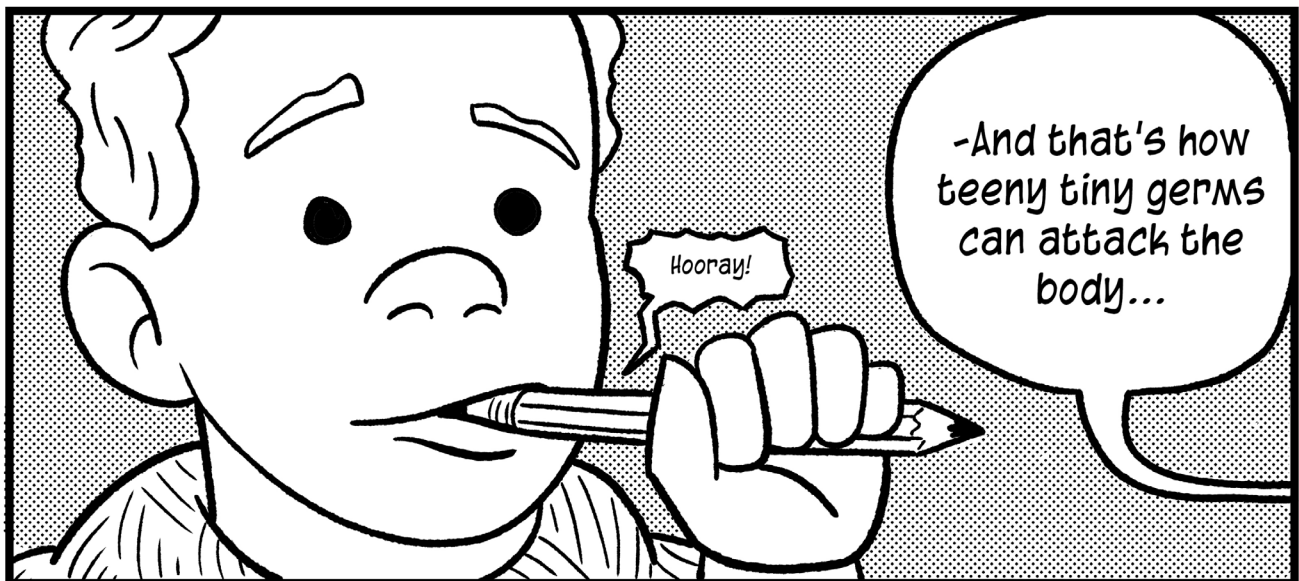
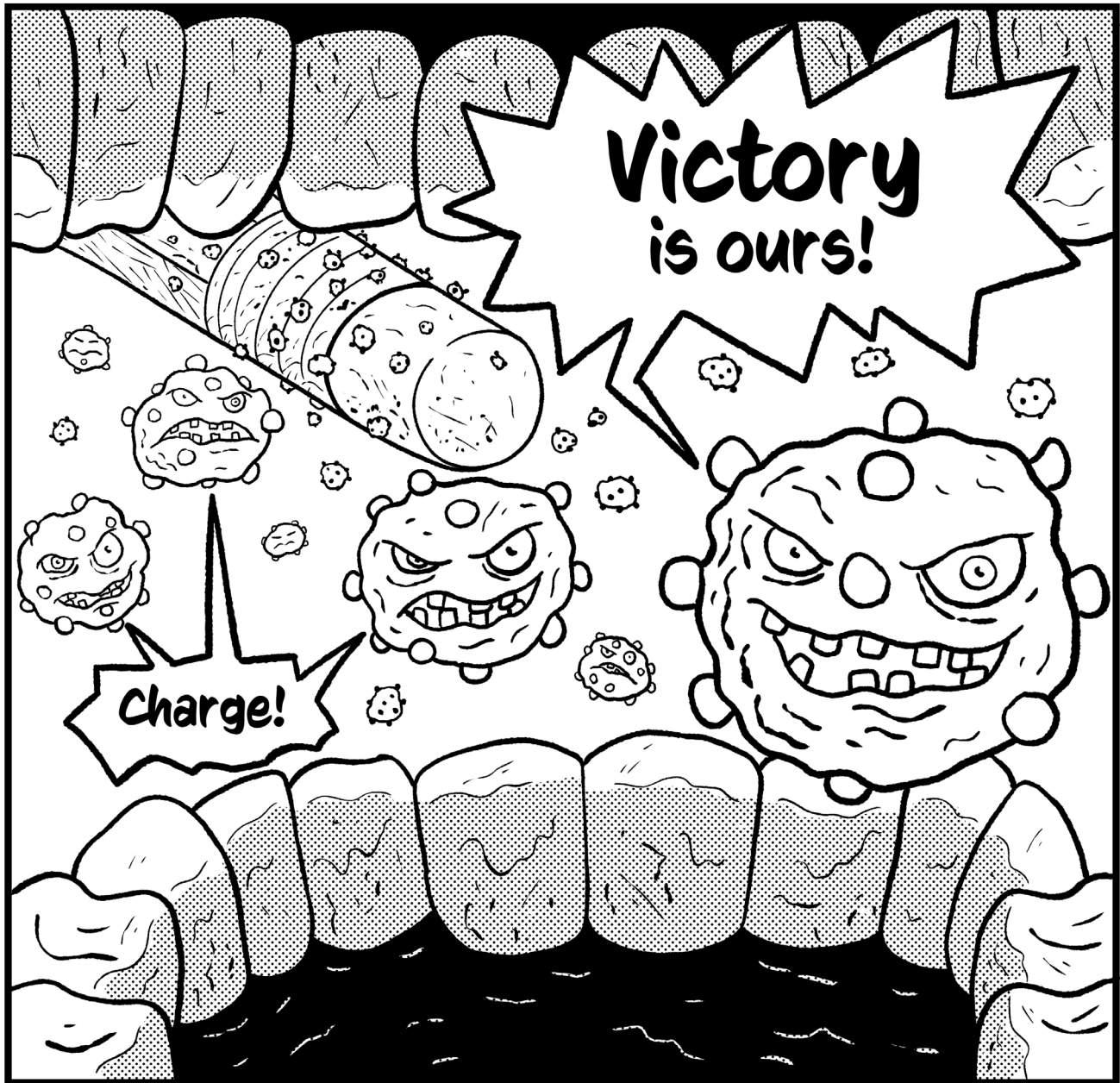
Health Hero

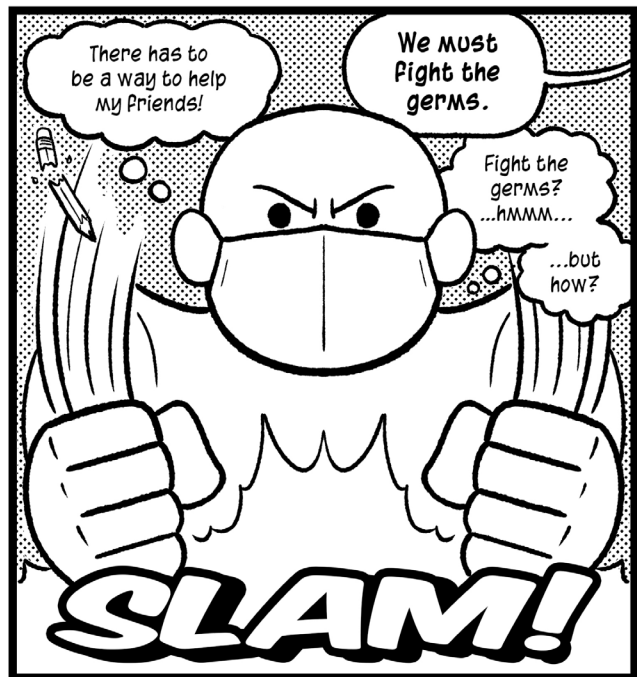
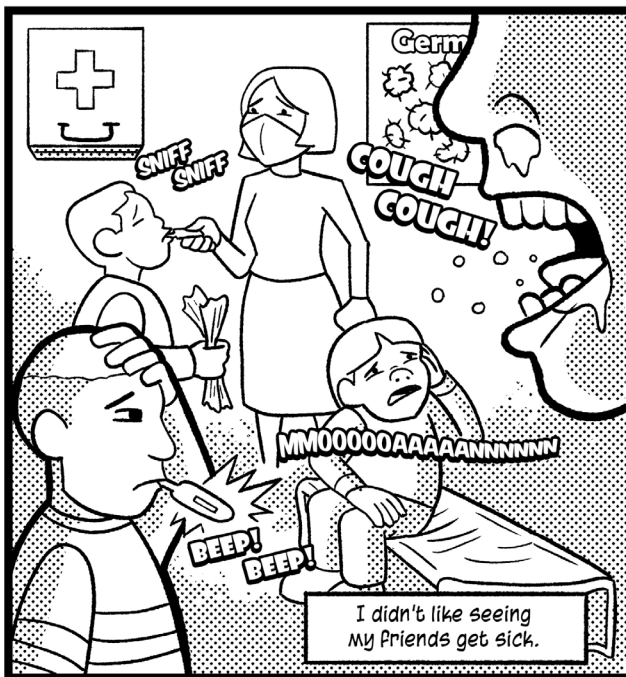
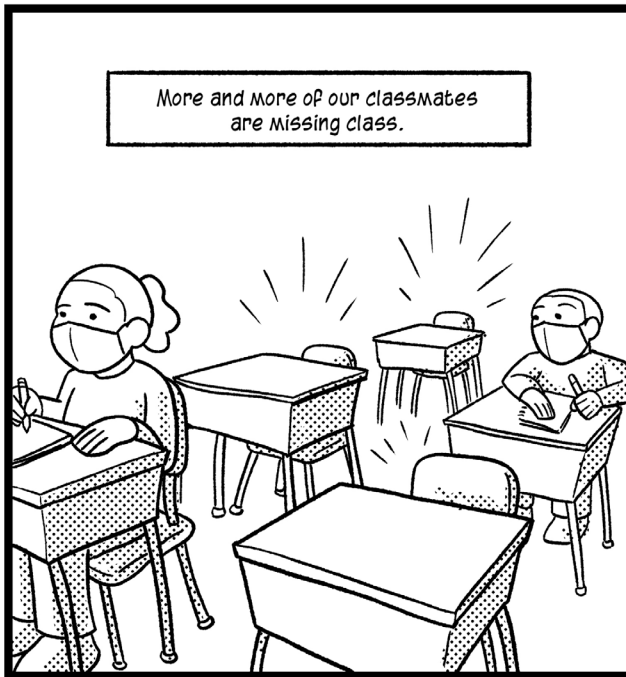
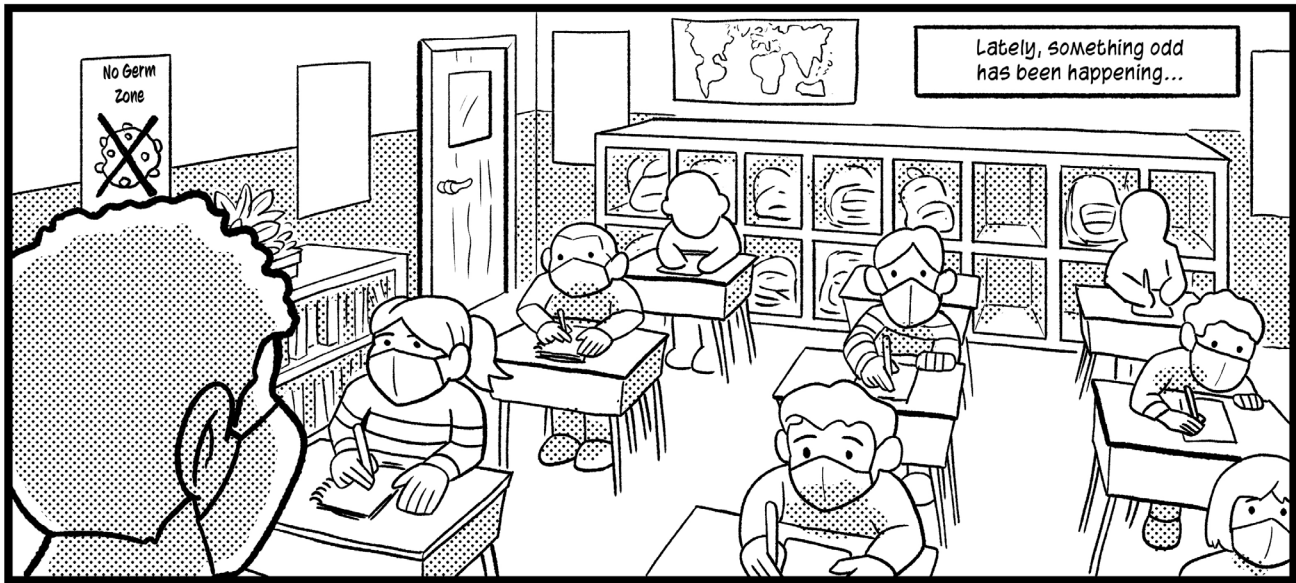
This book belongs to:

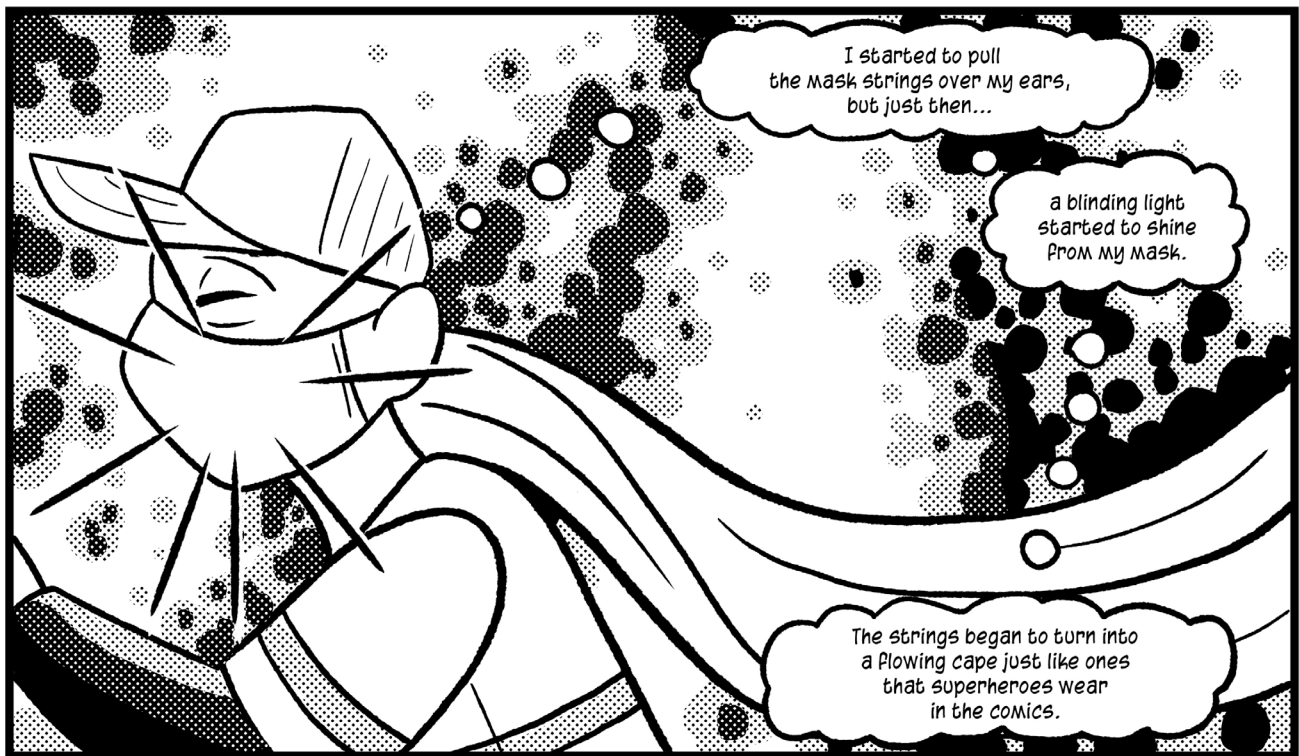
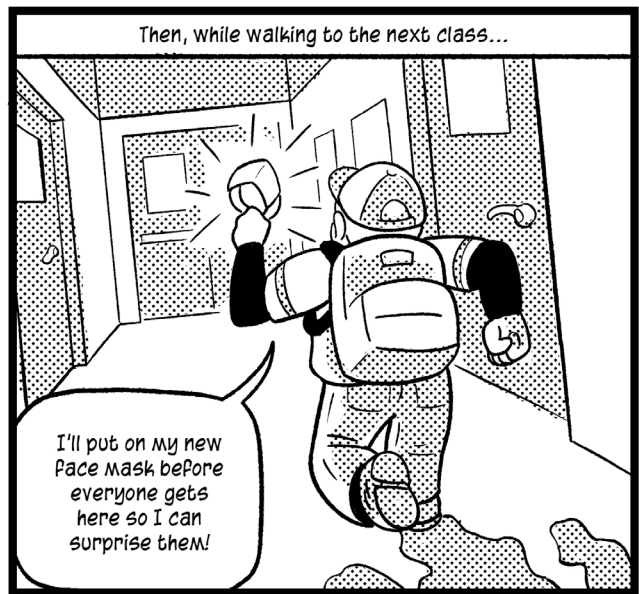
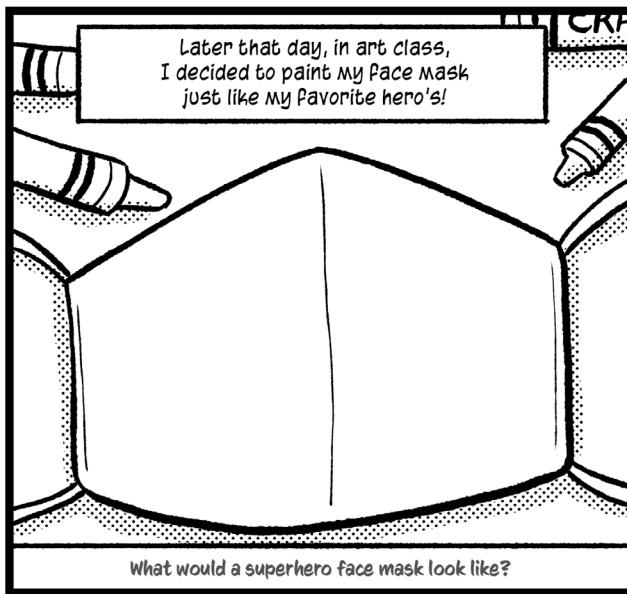
A large, empty rectangular box with rounded corners, intended for a child to draw or write their name.



You can be the hero!







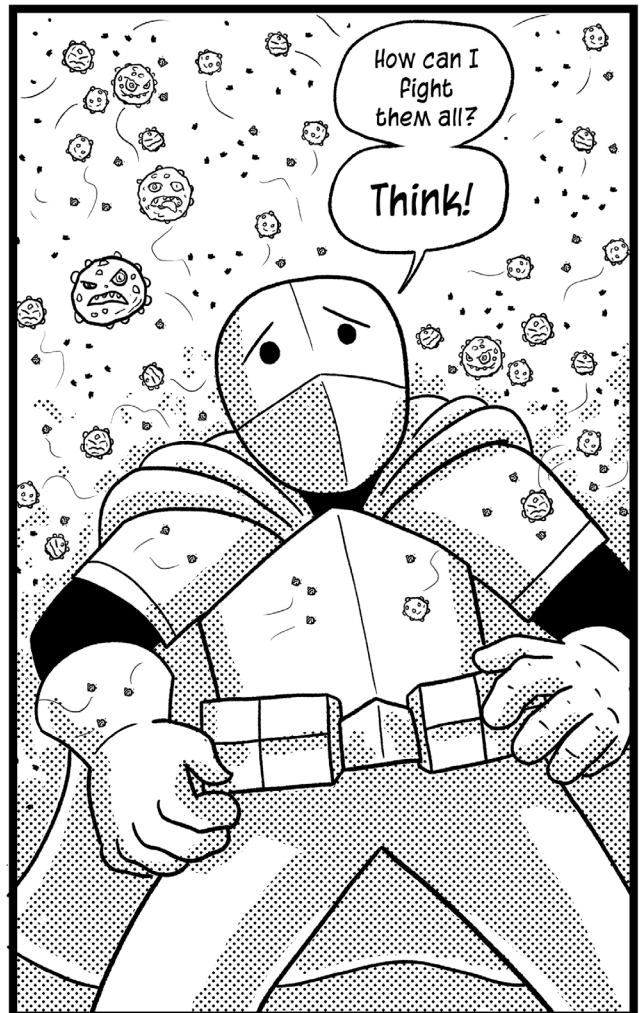
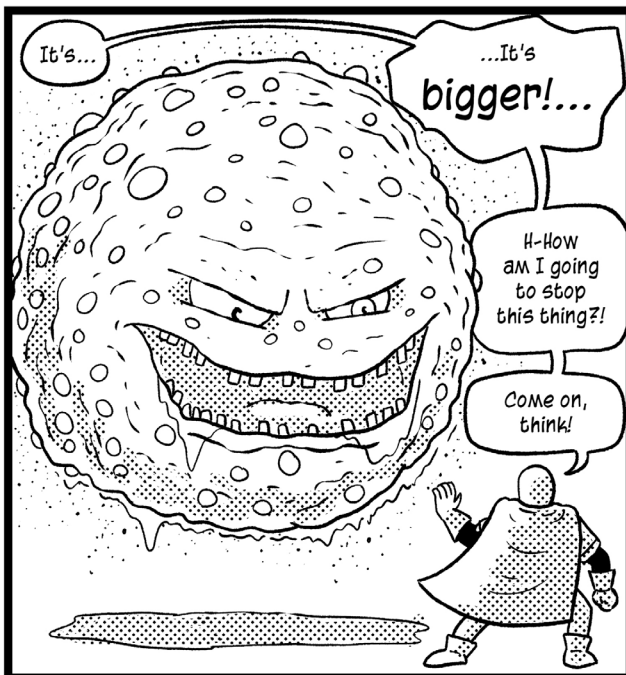
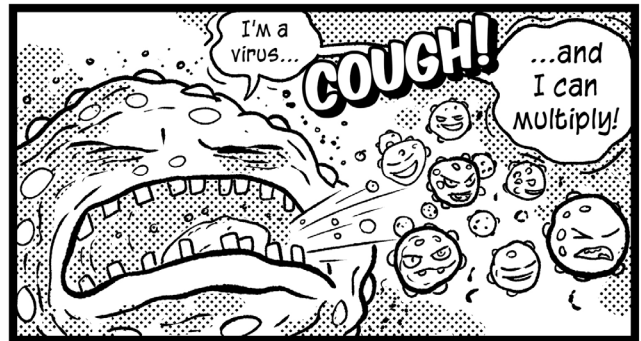
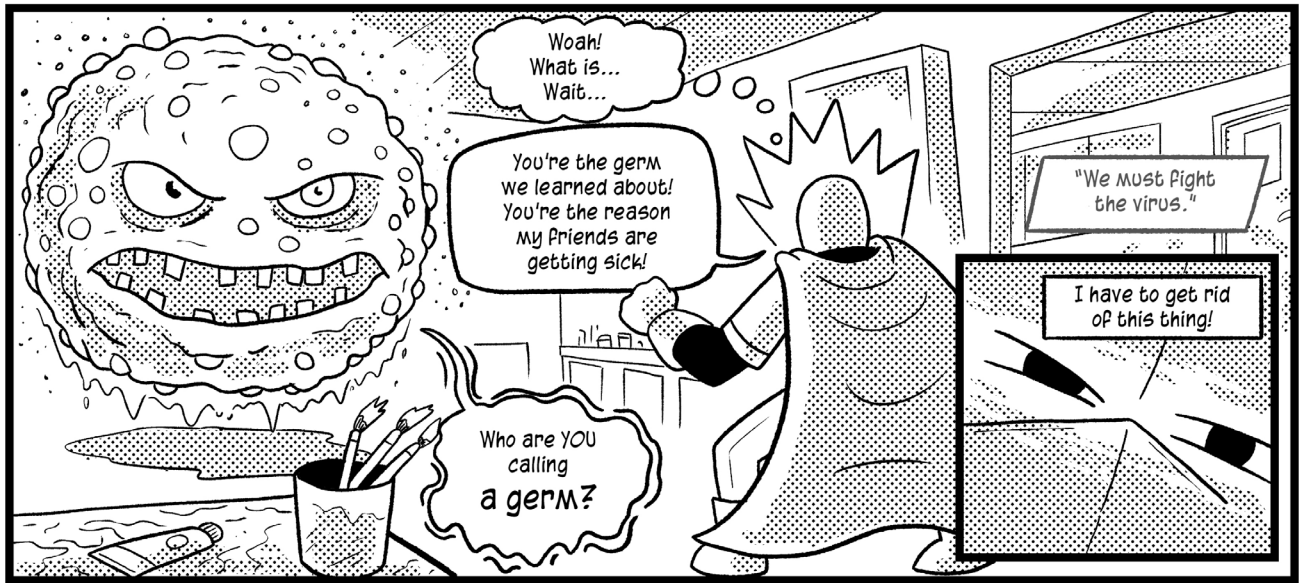
The light started getting dimmer-
-and I wasn't wearing my school clothes anymore.

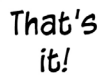
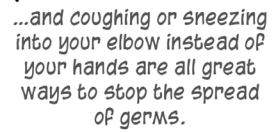
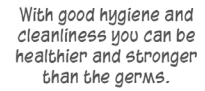
Now I was wearing what looked like

A super suit!



What would your super suit look like?







Draw ways to help our superhero. They can't do it alone!

Draw someone washing their hands with soap and water.

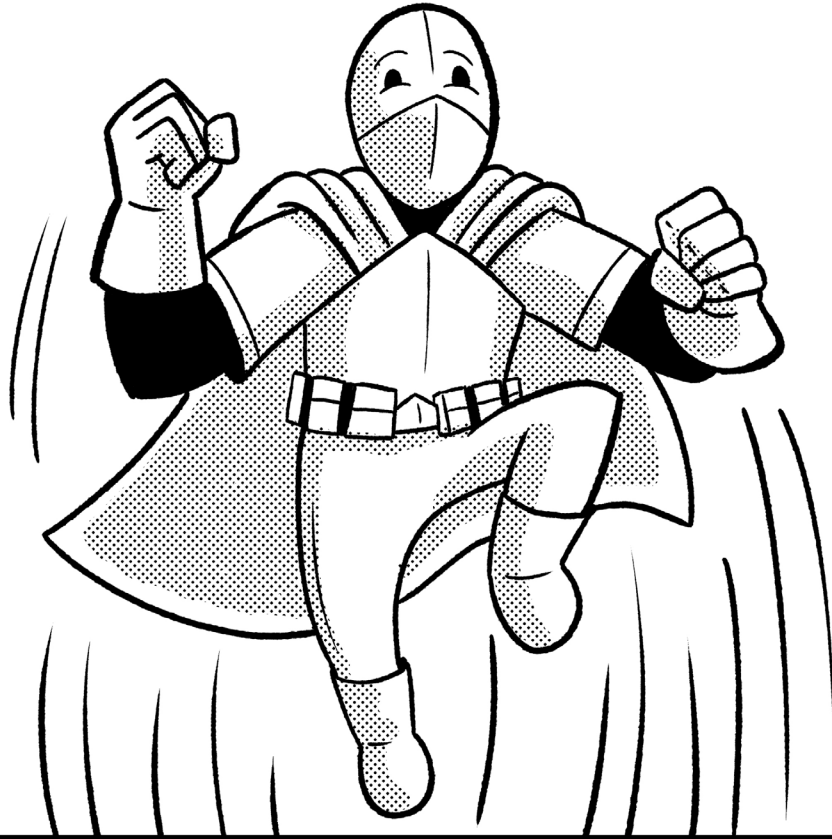
Draw someone wearing a mask.

Draw someone cleaning with disinfectant spray.

Draw someone sneezing or coughing into their elbow.

Draw someone staying home when they are sick.

You can be the hero!



Cover coughs and sneezes with a bent elbow or tissue.



Do NOT touch your face with unwashed hands.



Wash hands often with soap and water for 20 seconds.



Clean and disinfect



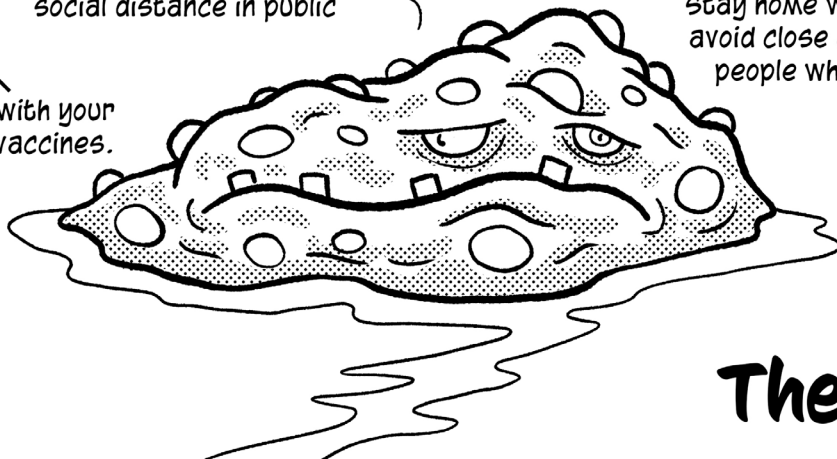
Wear a face covering and social distance in public



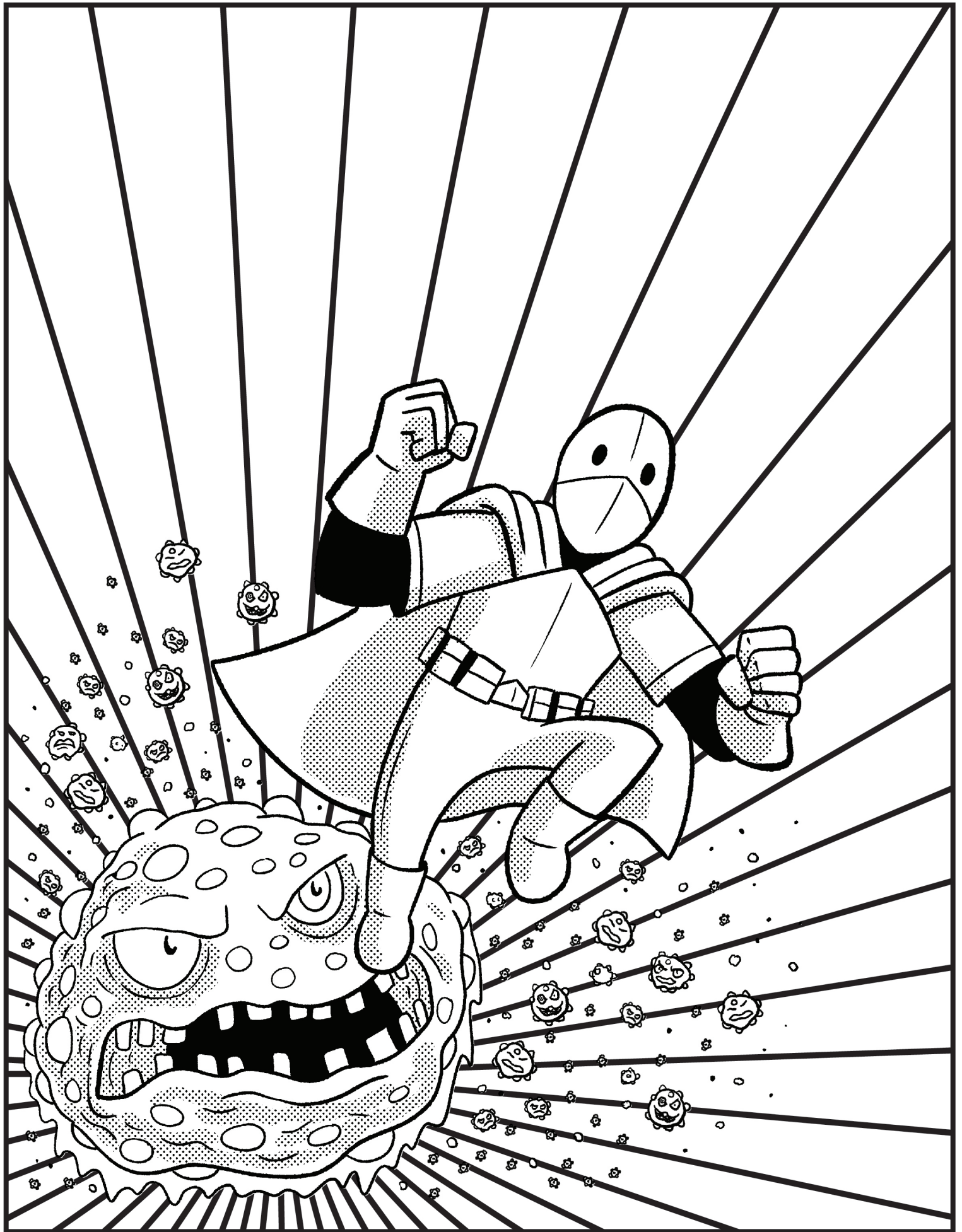
Stay up to date with your flu and covid-19 vaccines.



Stay home when sick and avoid close contact with people who are sick.



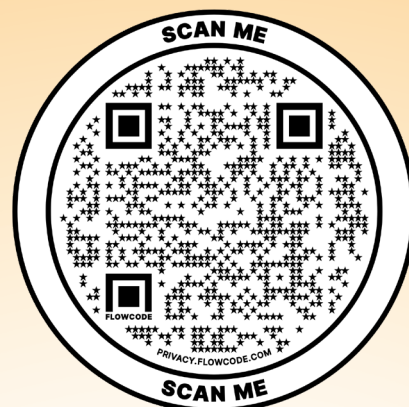
The End!



About APH

Every day in every part of our community, Austin Public Health protects Austin and Travis County residents from diseases and environmental threats. To that end, APH creates educational tools such as this comic to help you and your family stay healthy. You can download and share with your family and friends, and learn about all the ways that you can help protect yourself and your loved ones.

Special thanks to the APH communication's team - your work, dedication, commitment and creativity made this comic book available to many in our community.



Resources



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[austintexas.gov/BeYourChildsHero](#)