

Kid's Health & Safety Coloring Book



DENVER
ENVIRONMENTAL HEALTH

*An educational coloring book from
Denver's Department of Environmental Health*



EXERCISE IS FUN

Your body needs 60 minutes of exercise each day. Which 3 activities are good ways to get exercise?

- a) Dancing*
- b) Playing sports*
- c) Doing jumping jacks*
- d) Napping*

EAT RIGHT, EAT HEALTHY

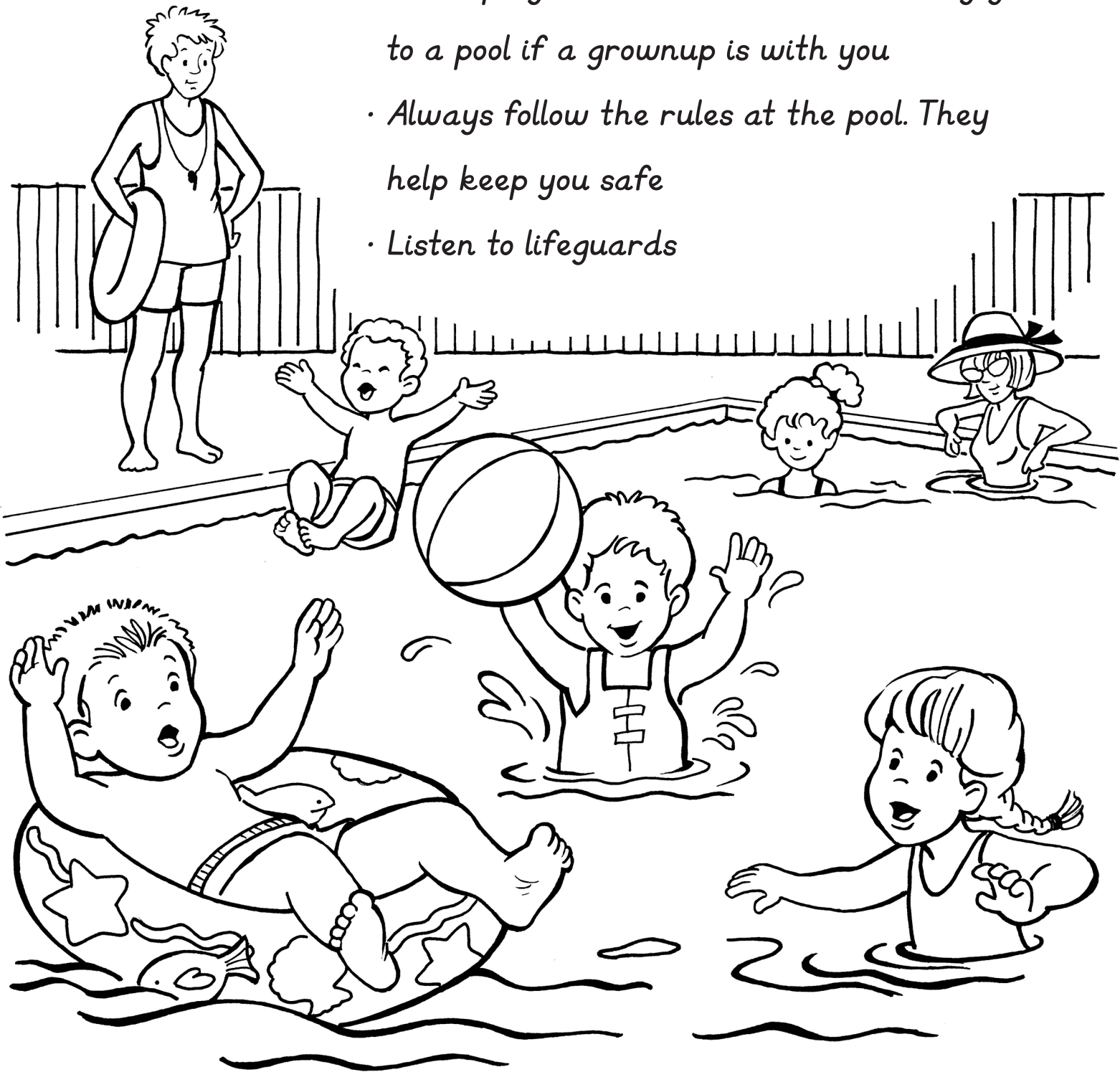
Your body needs 5 or more servings of vegetables and fruit every day.

What are your 2 favorite vegetables? _____

What are your 2 favorite fruits? _____

BE SAFE WHEN YOU'RE SWIMMING

- Always wear a lifejacket if you can't swim or if you're on a boat
- Never play in or near water alone. Only go to a pool if a grownup is with you
- Always follow the rules at the pool. They help keep you safe
- Listen to lifeguards

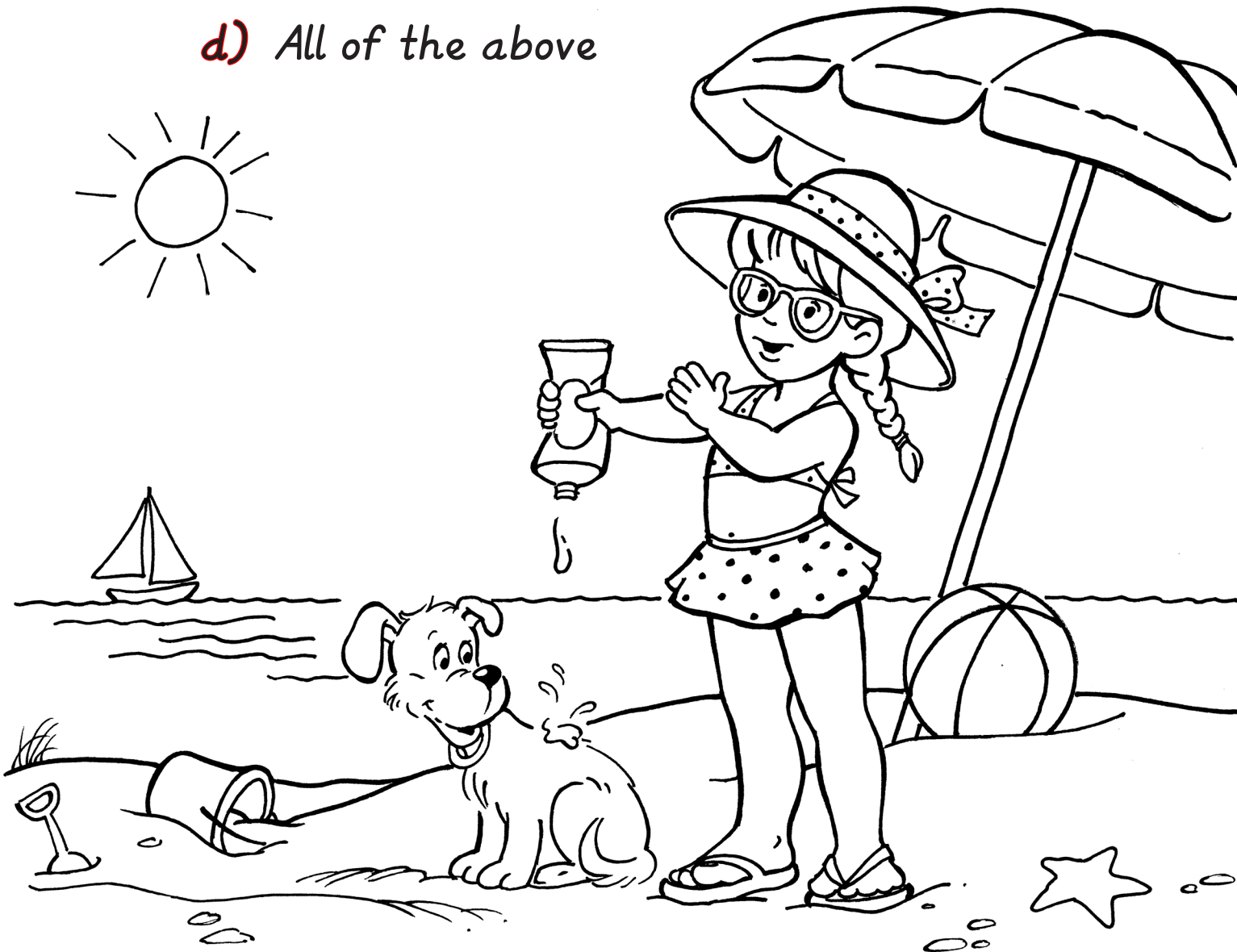


WEAR SUNSCREEN

Be Safe in the Sun, always wear sunscreen!

What else can you do to protect yourself from the sun?

- a)** *Wear a hat*
- b)** *Bring an umbrella*
- c)** *Wear sunglasses*
- d)** *All of the above*



HOW TO GREET A DOG

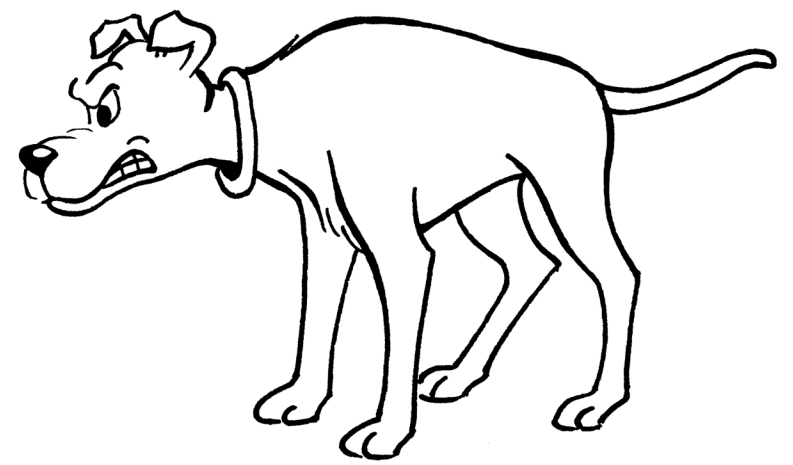
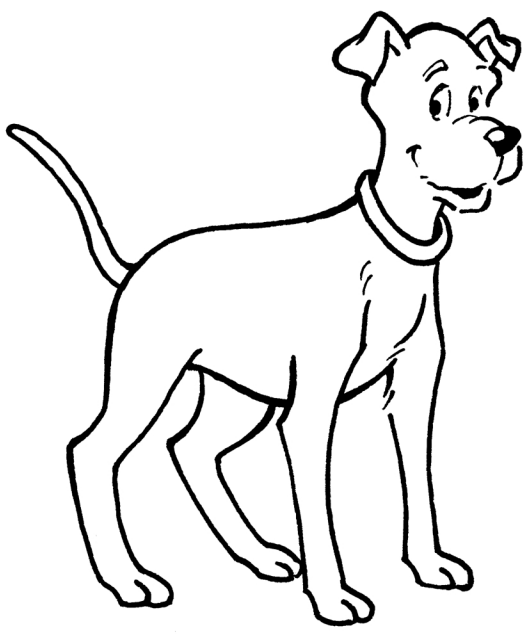
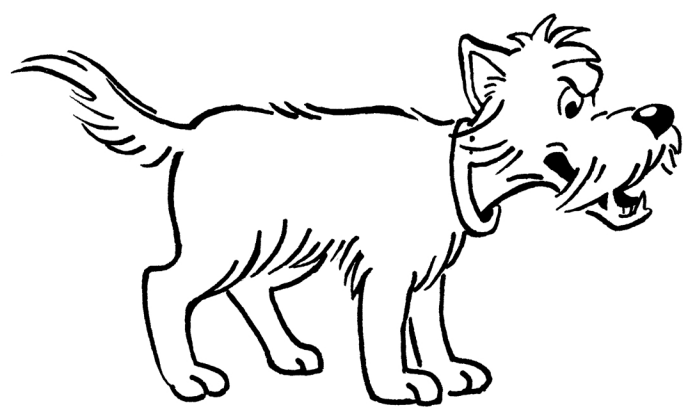
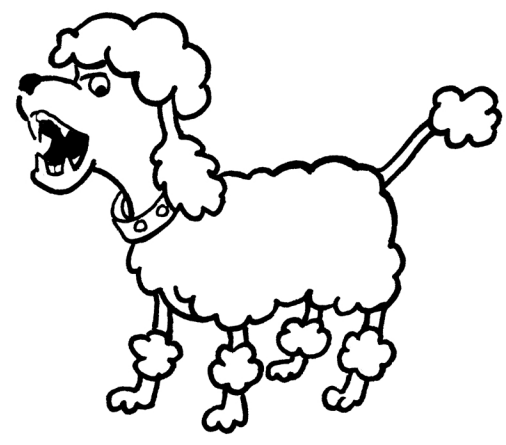
1. Always walk slowly up to the dog's owner to ask if you can pet the dog.
2. If the owner says "yes," curl your hand into a closed fist with the back of your hand facing upward. Extend your hand slowly to the dog.
3. Allow the dog to sniff the back of your hand.

We recognize people by seeing them; dogs recognize people by scent. Dogs sniff people to learn their scent.

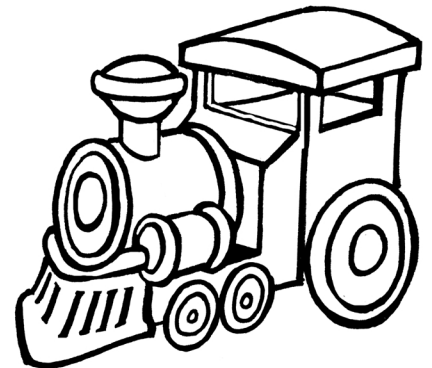
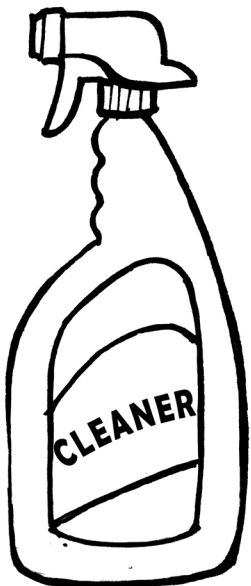
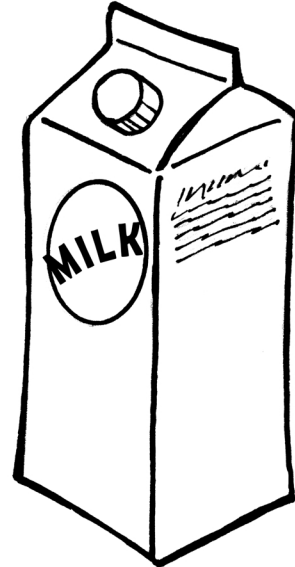
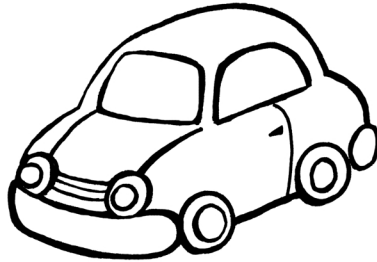
4. After the dog has sniffed your hand and has become familiar with you, pet it gently under the chin or on the chest.



CAN YOU TELL WHICH DOGS ARE FRIENDLY?



There are items in your house that are dangerous to touch or play with. Color the items that are safe to touch in green. Color the dangerous items in red.



WASHING HANDS

Washing your hands is the best way to stop germs from spreading, especially after using the restroom and before eating.

1. Wet Hands

2. Use soap and warm water

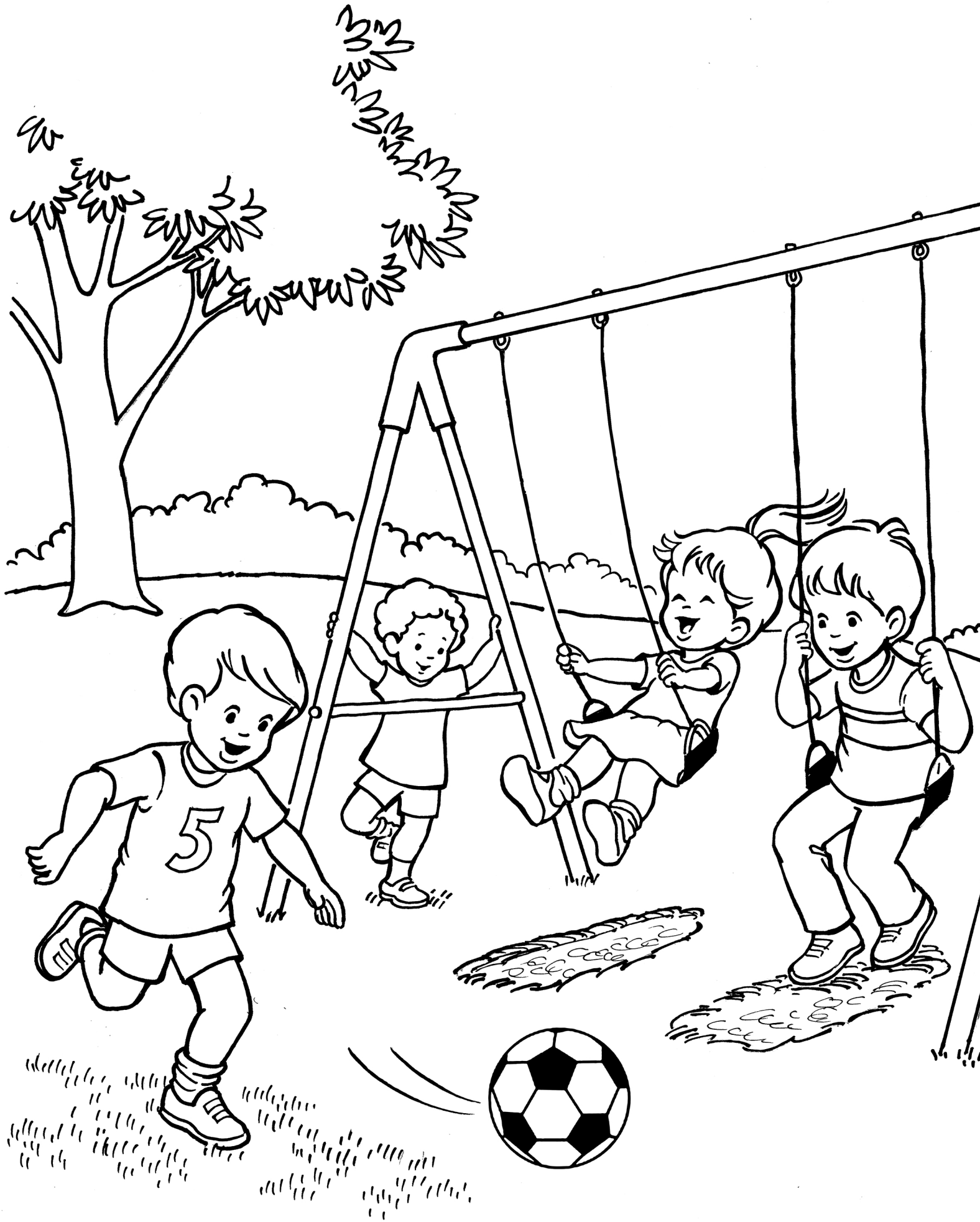
3. Scrub together for 20 seconds

4. Rise Off

5. Towel Dry

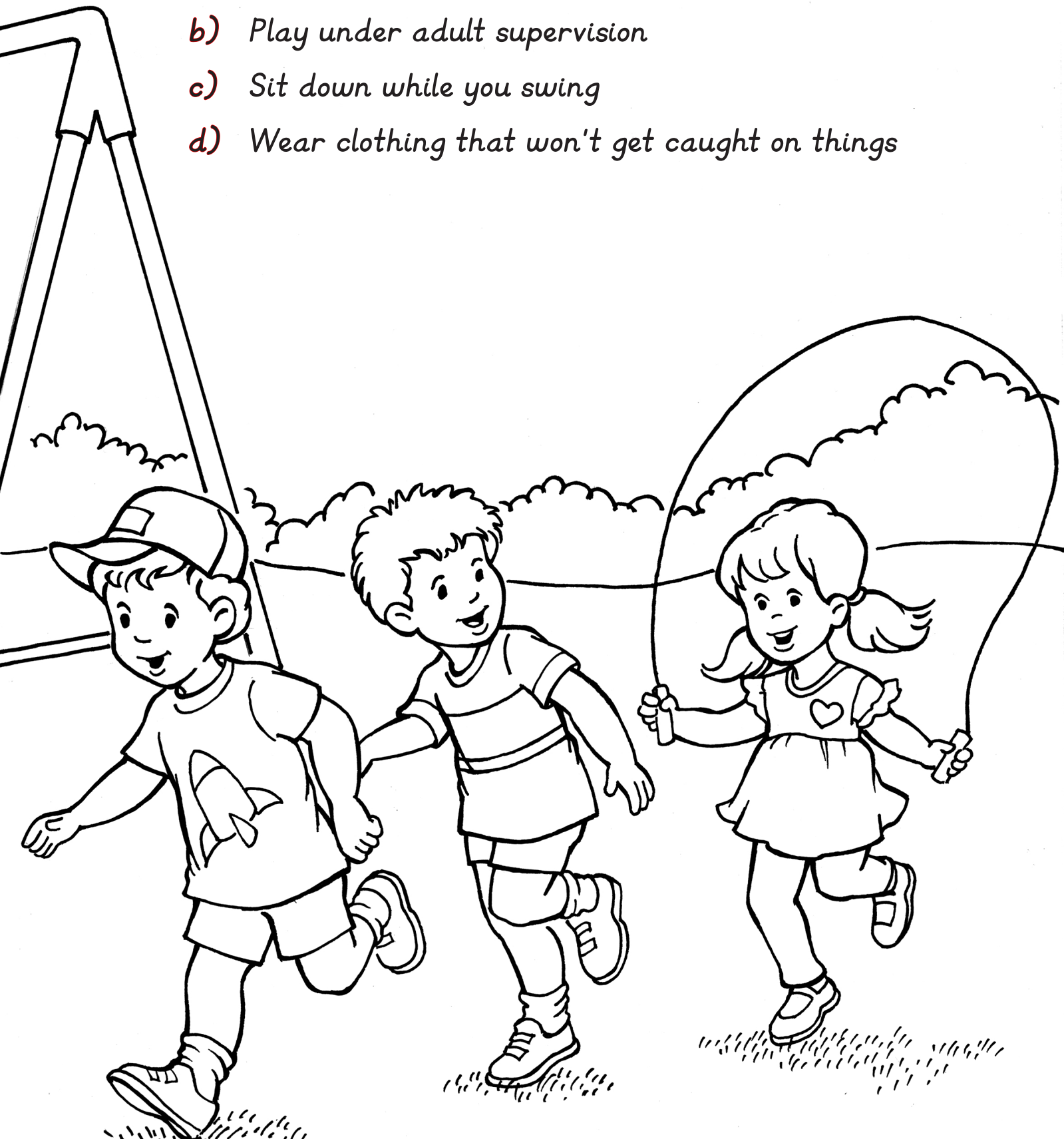
**Be sure to wash between fingers, wrist, under fingernails and back of hands*

PLAYGROUND SAFETY



What should you always do when on the playground?

- a) Wait your turn*
- b) Play under adult supervision*
- c) Sit down while you swing*
- d) Wear clothing that won't get caught on things*



RECYCLING

Recycling is one of the best ways to protect our Earth.

Recycling is when used materials are turned into new items!

Used aluminum cans...can be turned into brand new cans!

Used glass bottles and jars...can be turned into brand new bottles and jars!

Used plastic bottles...can be turned into yard furniture!

Old newspapers...can be turned into new paper and paper towels!

HELMET SAFETY


*Bikes, skateboards, scooters and
rollerskates are fun but can also be dangerous.*

What should you do to stay safe?

- a) Wear a helmet on every ride*
- b) Look out for things like cracks and potholes while riding*
- c) Stop and look both ways before crossing the street*
- d) All of the above*

FIRE SAFETY

*What will you do if there's
a fire in your home?*

- 
- Have an escape plan.*
 - Have a family meeting place.*
 - Crawl on the floor when moving.*
 - Feel doors before you open them.*
 - Stay outside.*
 - Practice what you do.*

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Denver's Department of Environmental Health (DEH) is dedicated to advancing Denver's environmental and public health goals. Environmental Health Divisions include Animal Care and Control, Community Health, Environmental Quality, Office of the Medical Examiner, and Public Health Inspections.

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