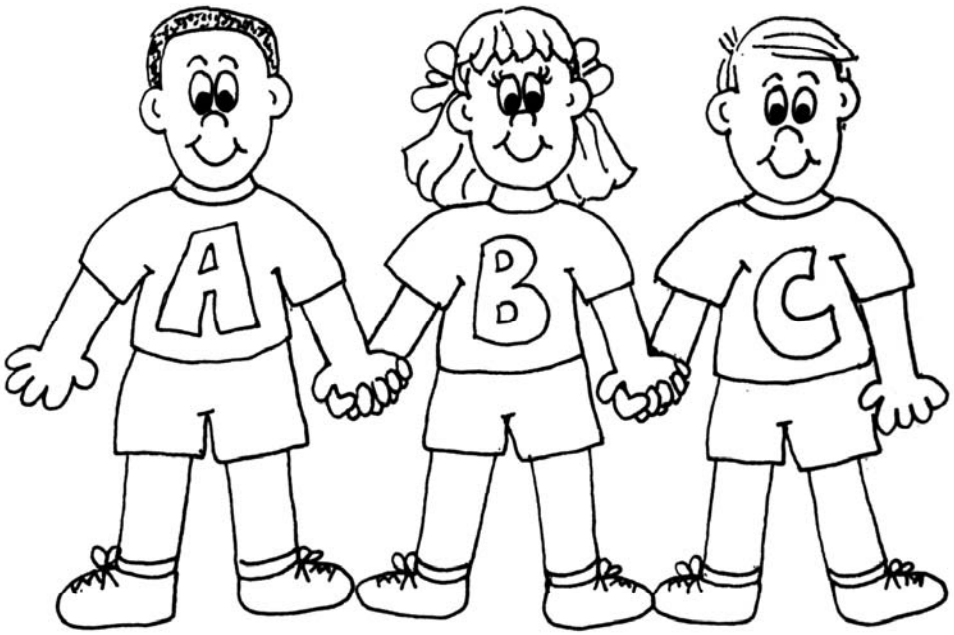
National Health Service Corps
AMERICA'S HEALTH CARE HEROES

THE



'S OF GOOD HEALTH

Coloring Book

U.S. Department of Health and Human Services
HRSA
Health Resources and Services Administration

AUTHENTICATED
U.S. GOVERNMENT
INFORMATION
GPO

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as part of the SEARCH program of the
Ohio Department of Health
and the National Health Service Corps

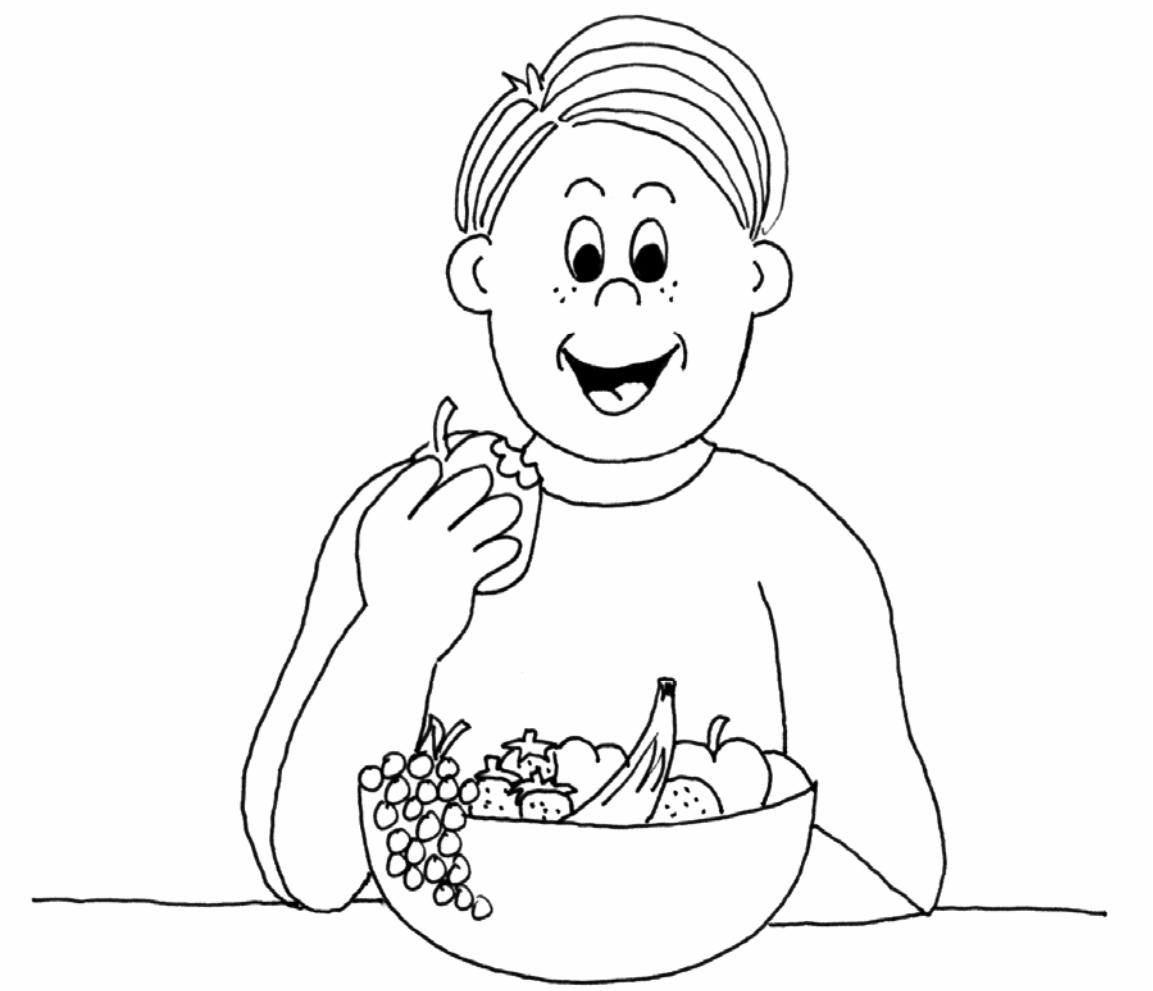
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July 1999

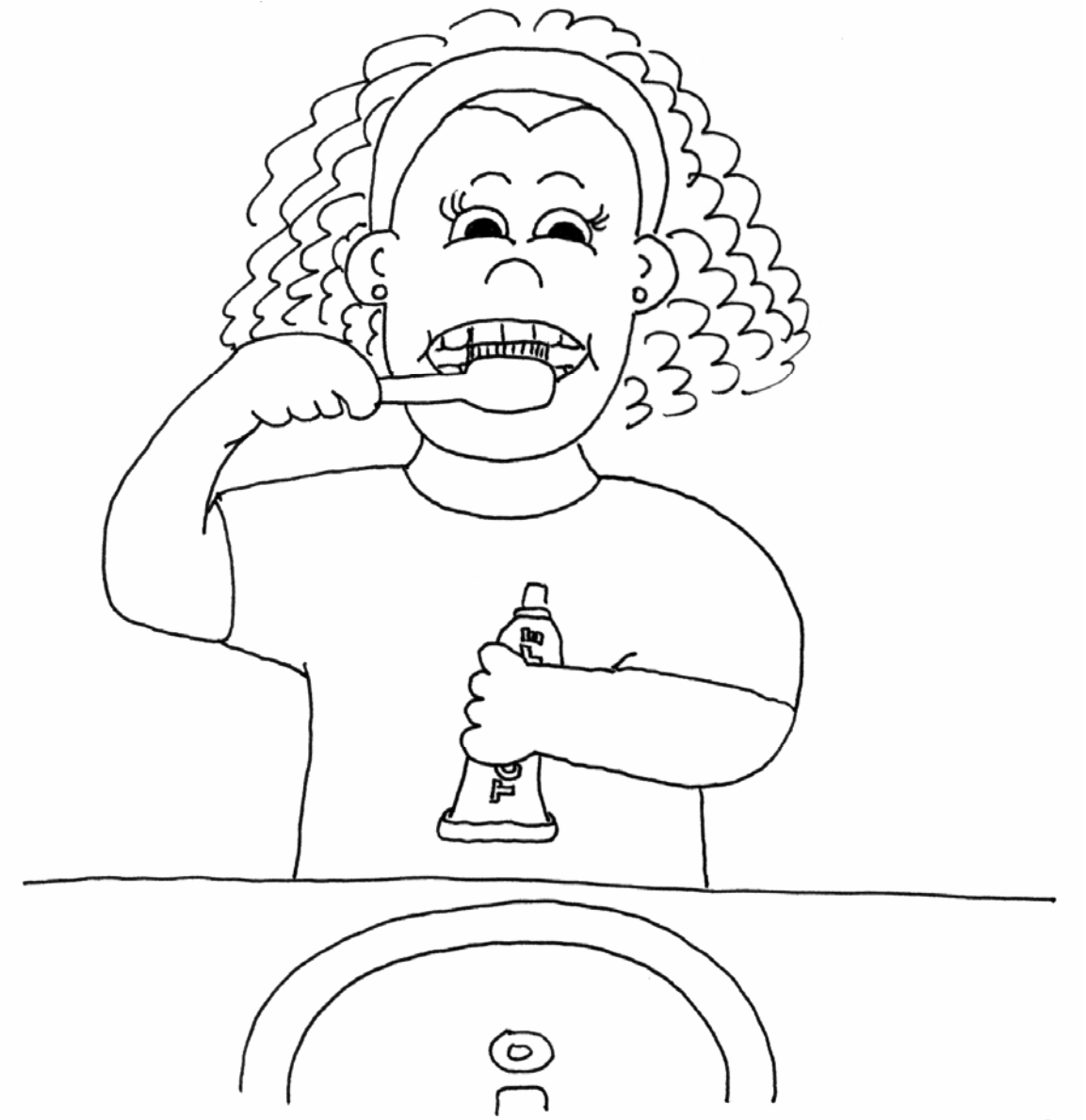
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A is for **APPLE**.



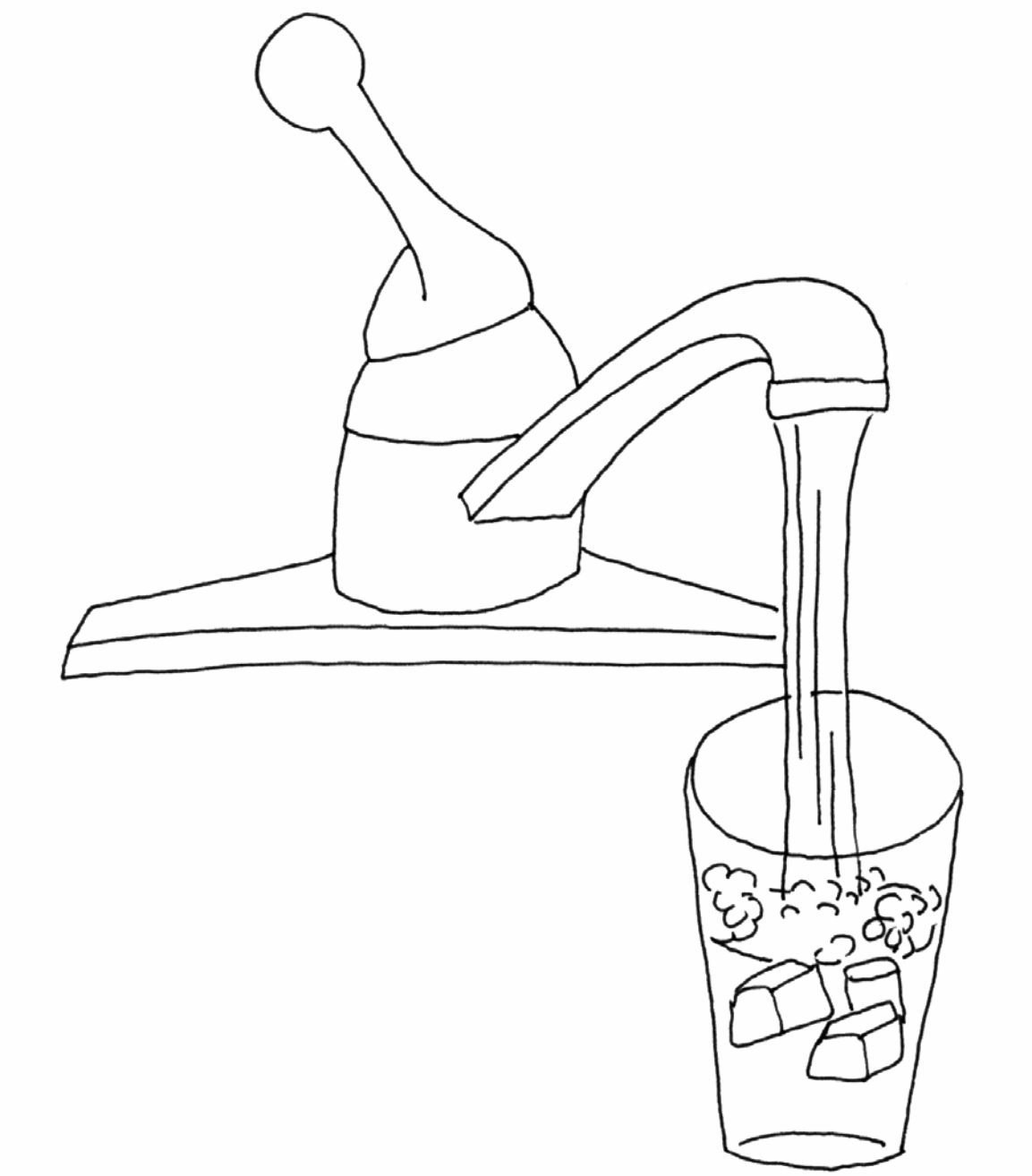
To keep yourself healthy, eat lots of apples and other good stuff.

B is for **BRUSHING** YOUR TEETH.



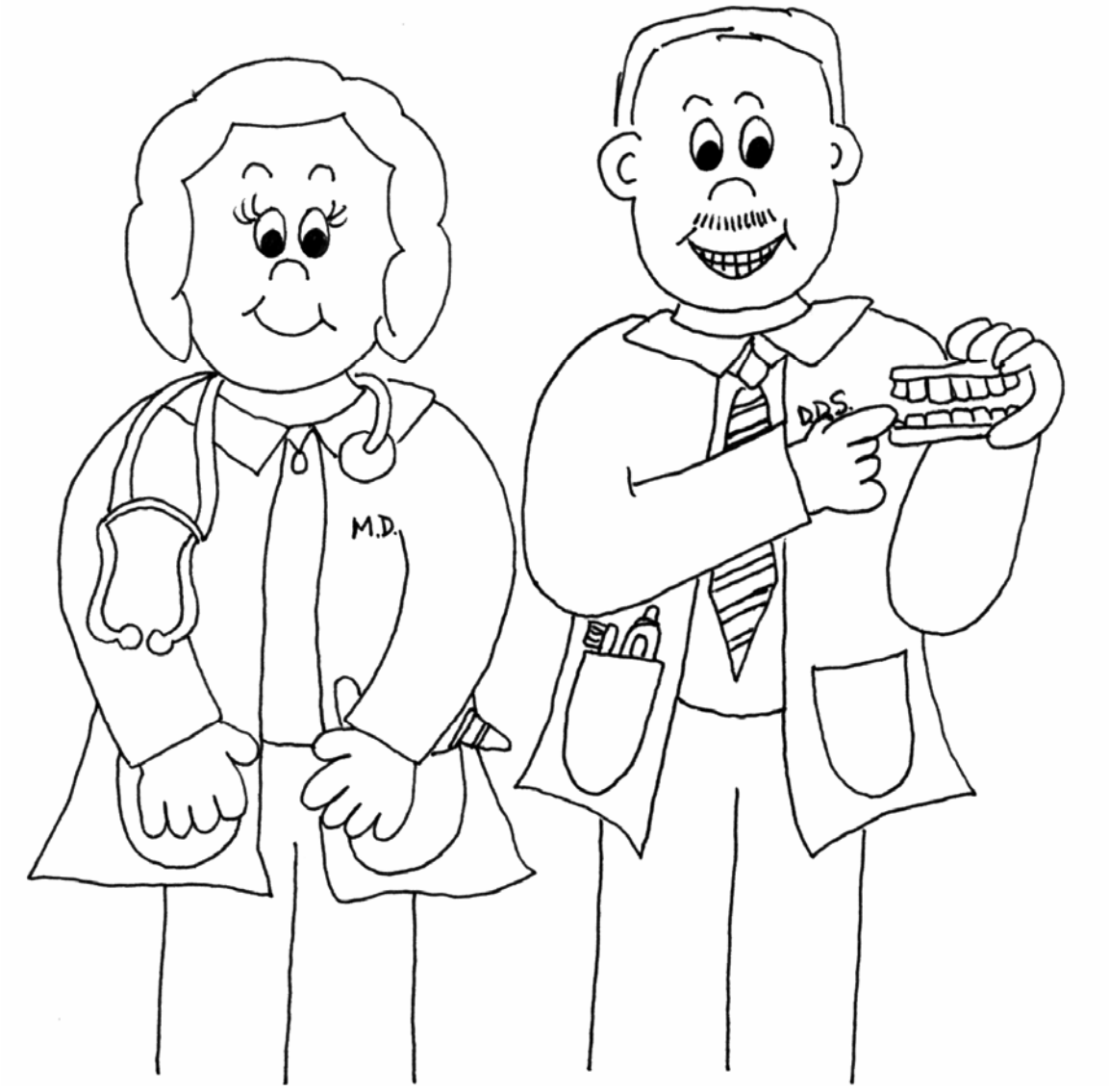
Brush two times each day to keep your teeth healthy, right down to the roots.

C is for **CLEAN** WATER.



Use it for bathing, and drink some each day.

D is for **DOCTORS** AND **DENTISTS**.



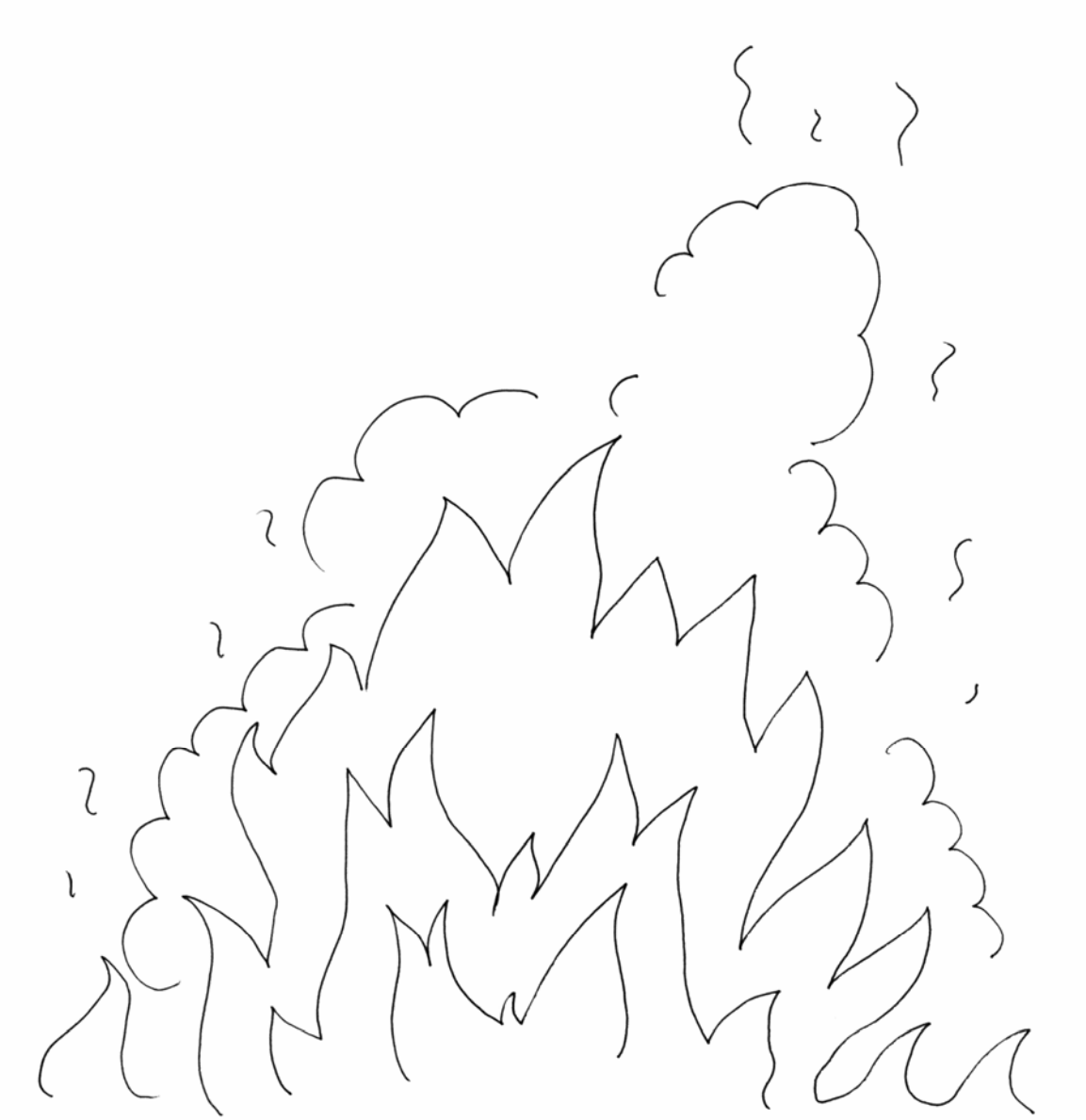
They want you to get better, so do what they say.

E is for **EXERCISE**.



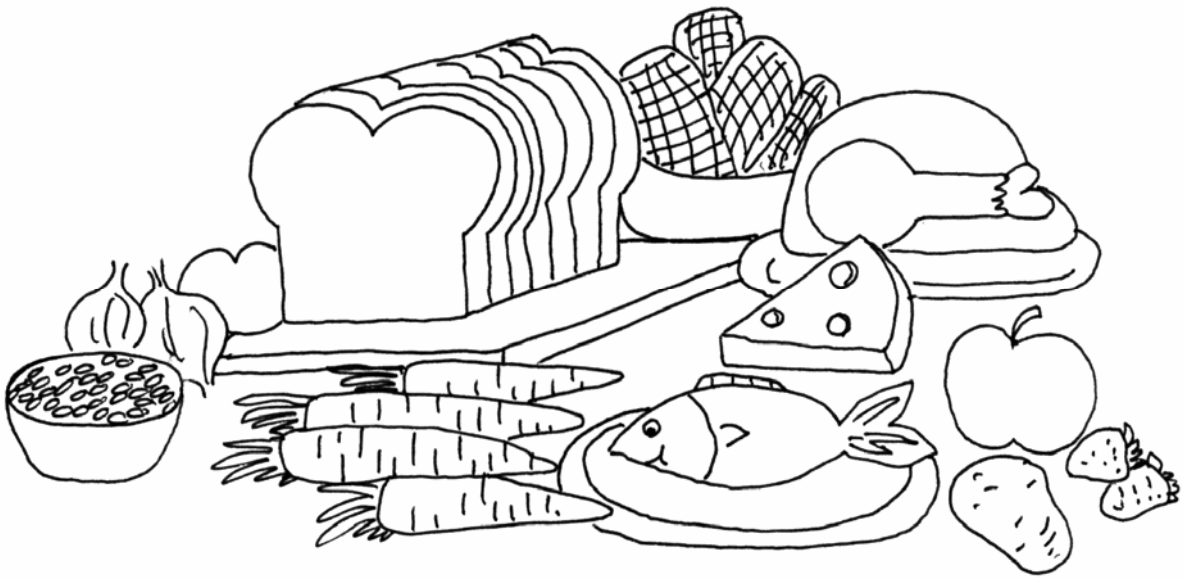
Run, ride a bike, or play sports if strong muscles are your goal.

F is for **FIRE SAFETY**.



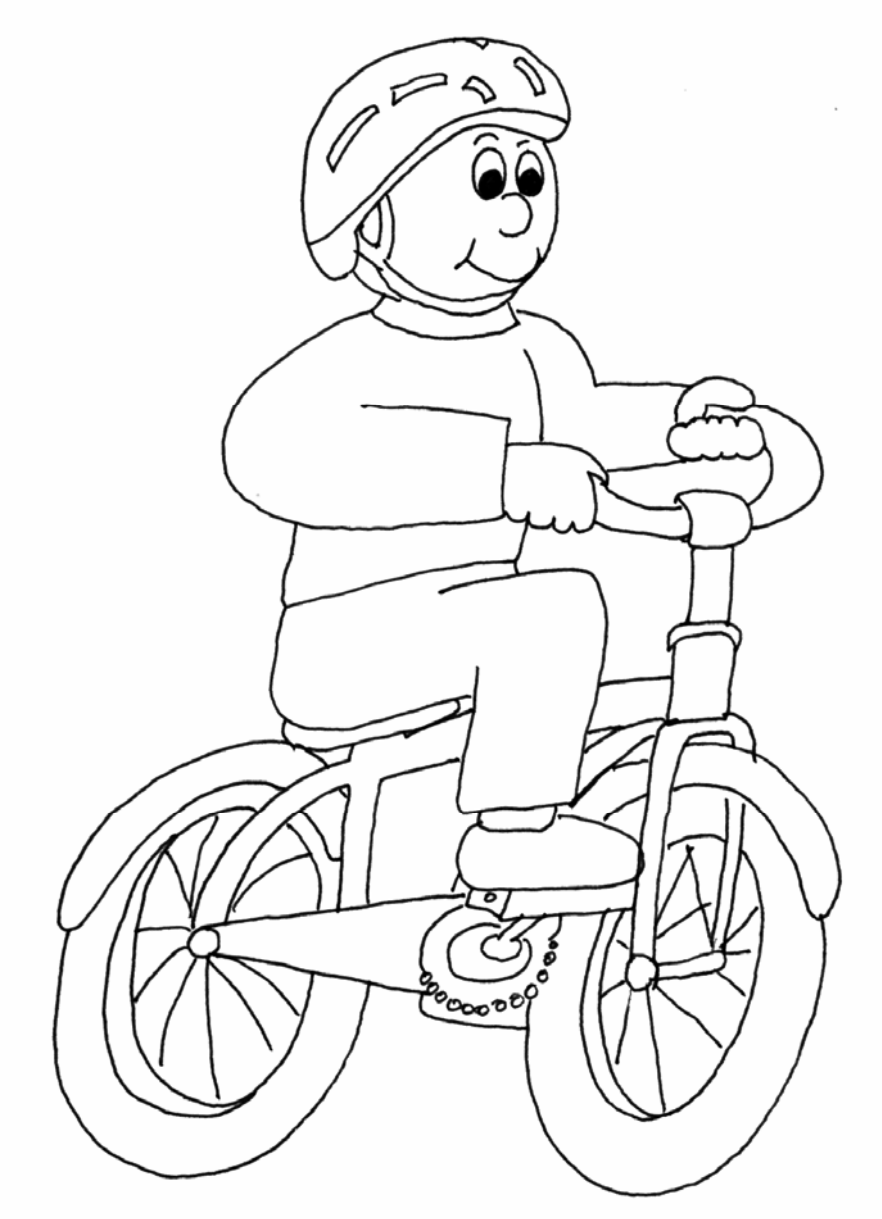
If your clothes catch on fire: stop, drop, and roll.

G is for **GROW**.



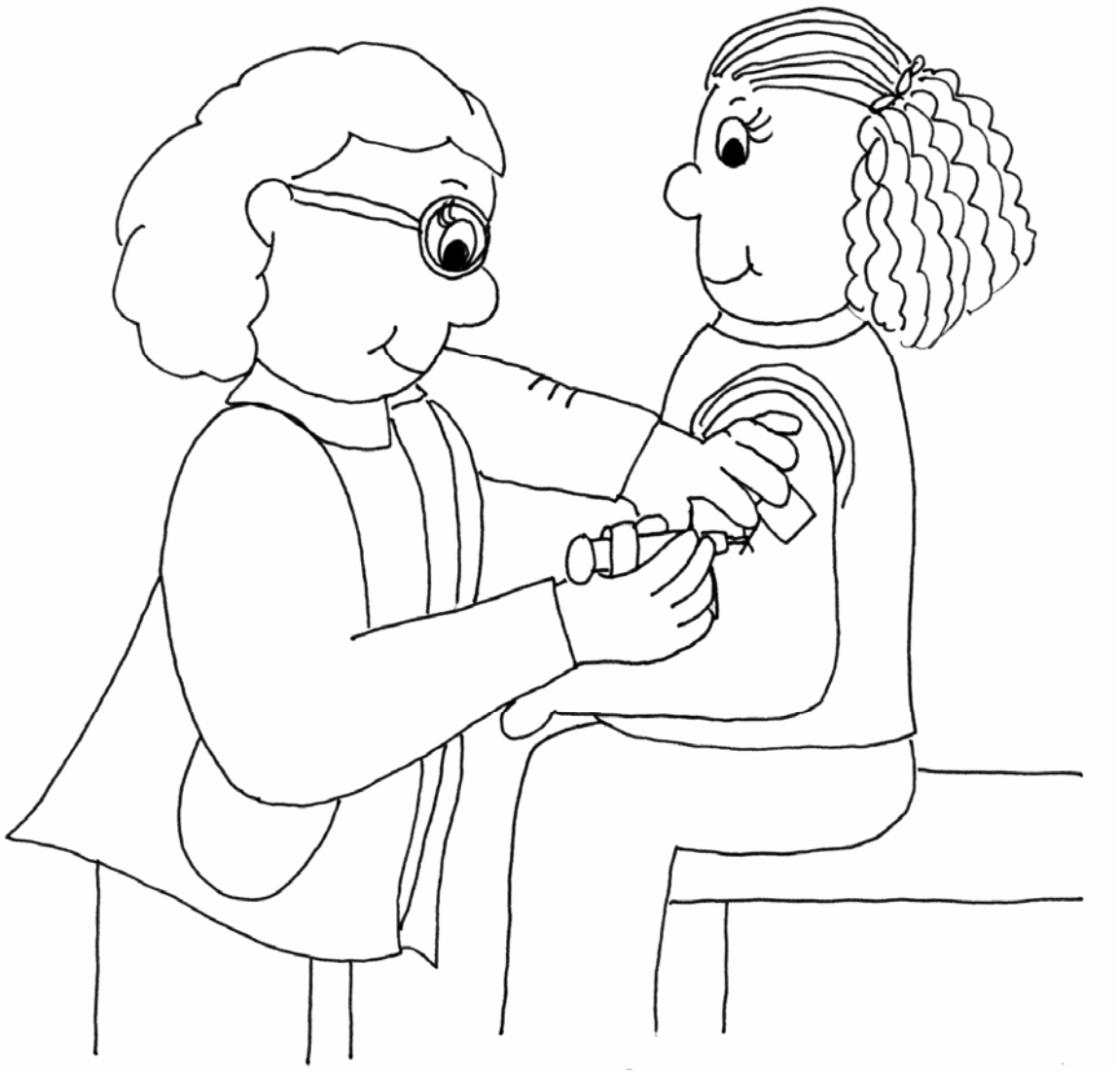
Eat fruits and vegetables, meats, breads, and cheeses, because **G** is for **GROW**.

H is for **HELMET**.



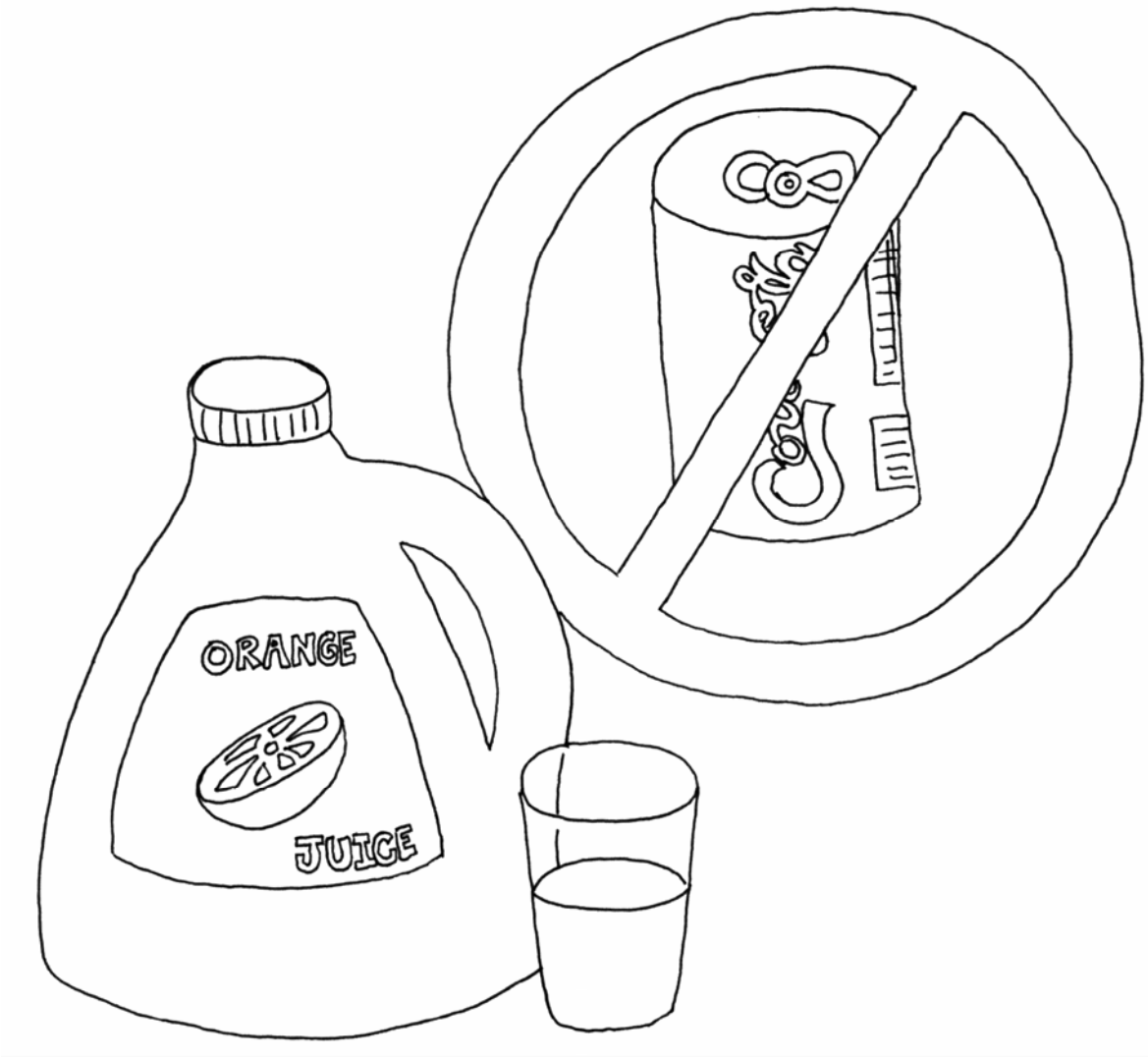
When you get on your bike, put on a helmet before you can go.

I is for **IMMUNIZATIONS**.



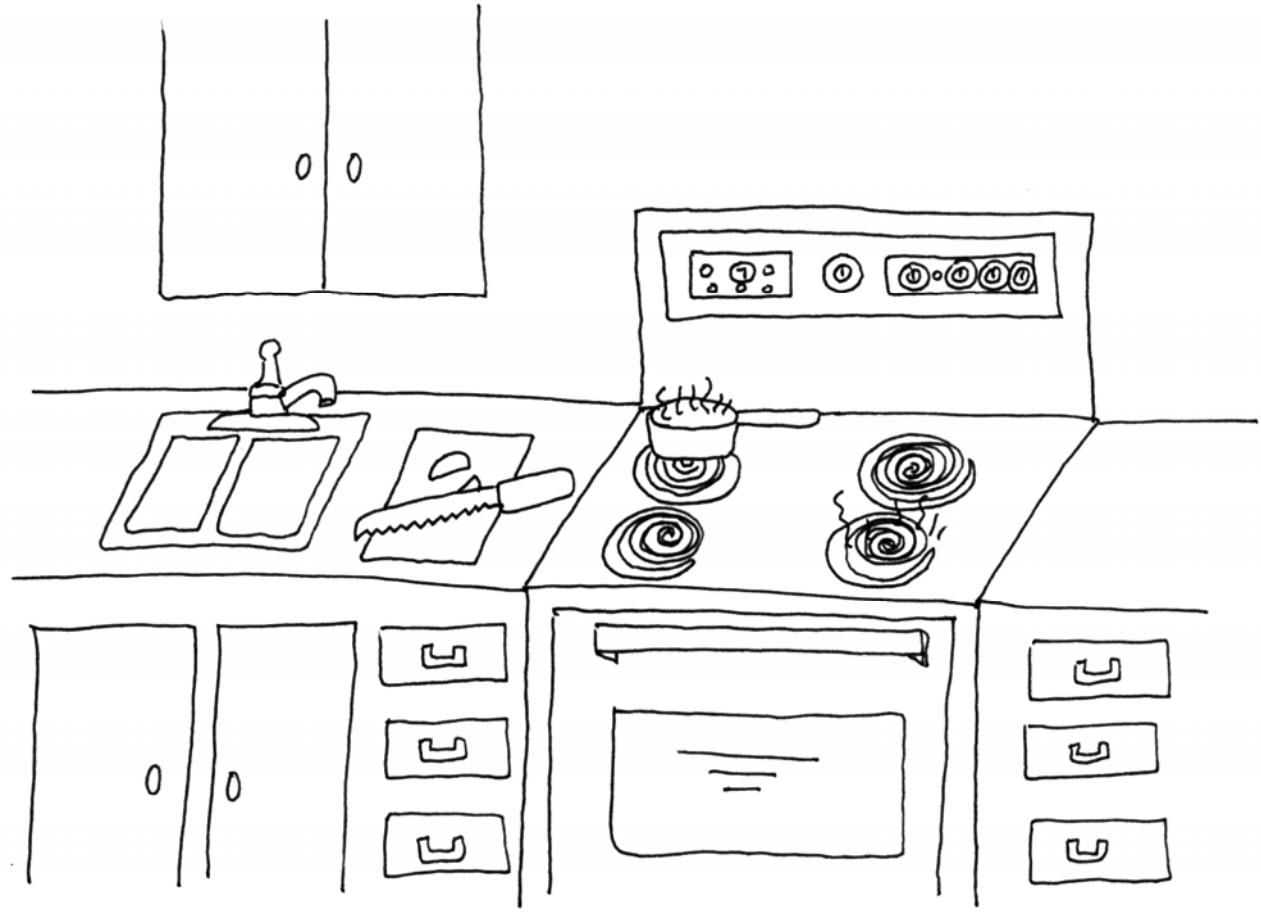
They’re the shots the nurse gives you so you won’t get sick.

J is for **JUICE**.



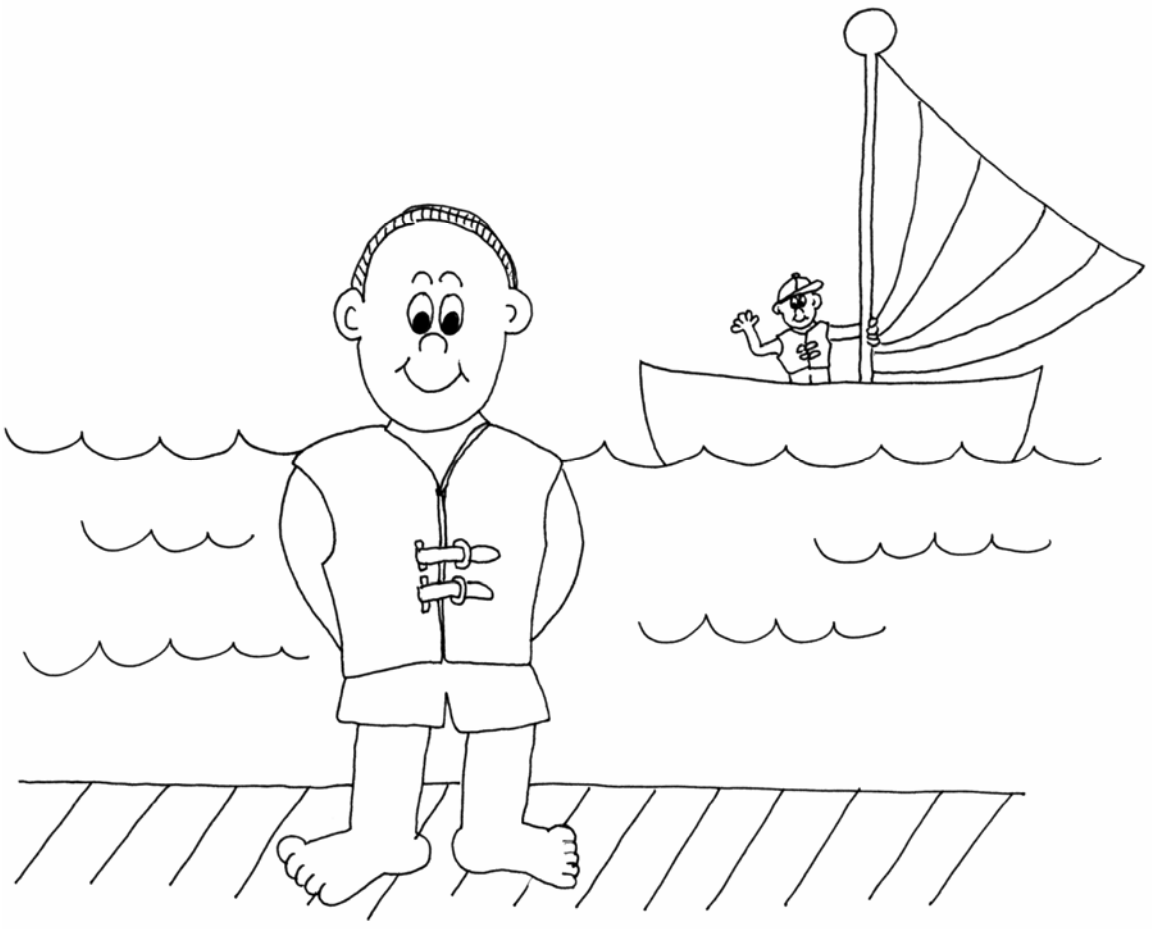
Instead of drinking pop, juice is a good drink to pick.

K is for **KITCHEN SAFETY**.



Be very careful around hot stoves and sharp knives.

L is for **LIFE JACKETS**.



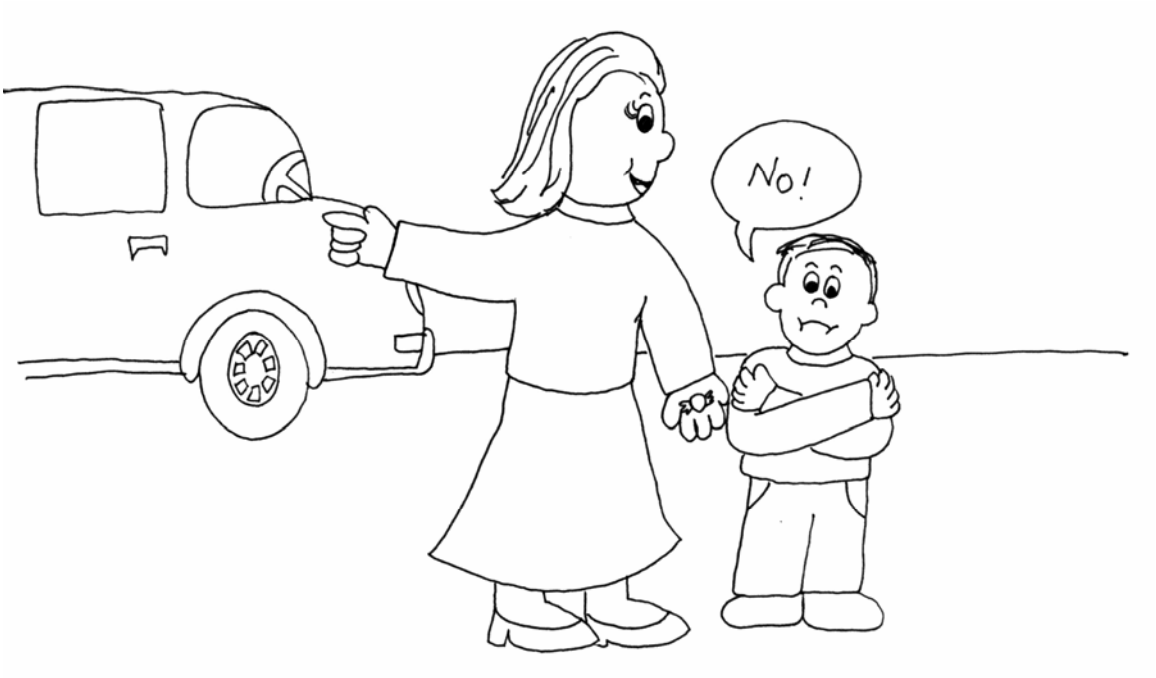
Near rivers and lakes, they save lots of lives.

M is for **MILK**.



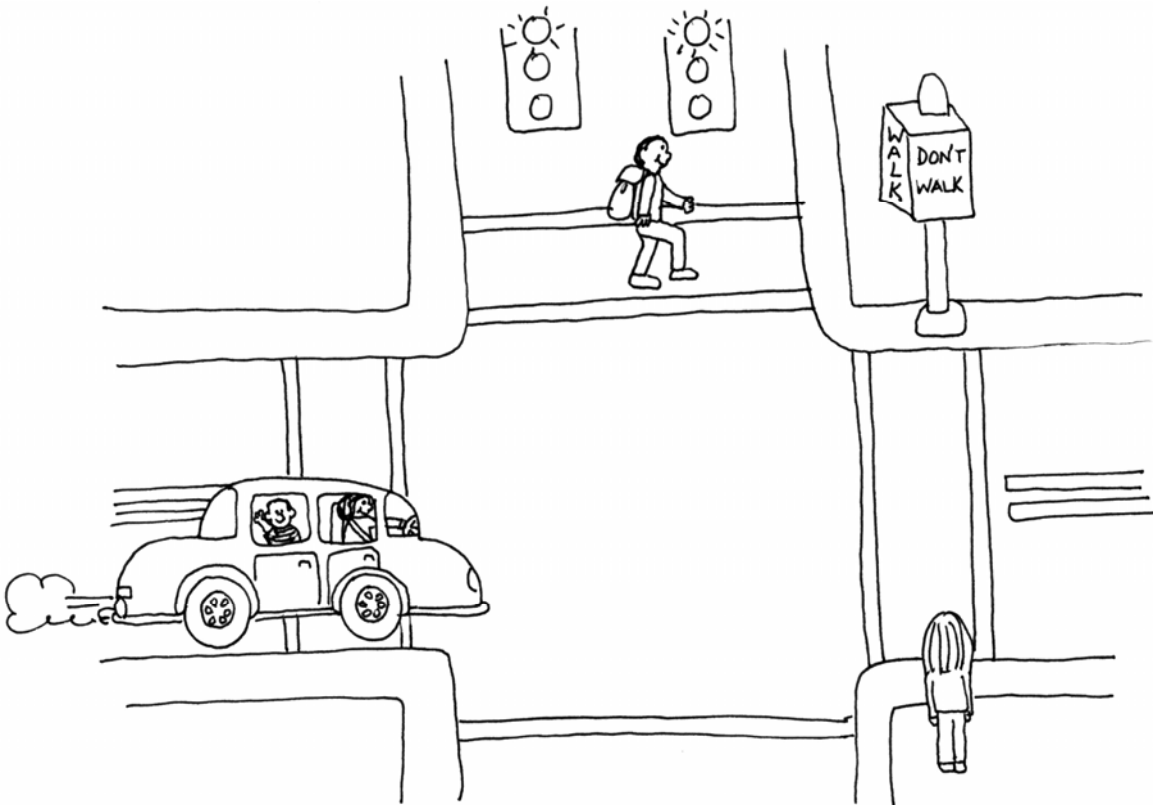
Drink lots of milk for strong bones and teeth.

N is for **NEVER** TALK TO STRANGERS.



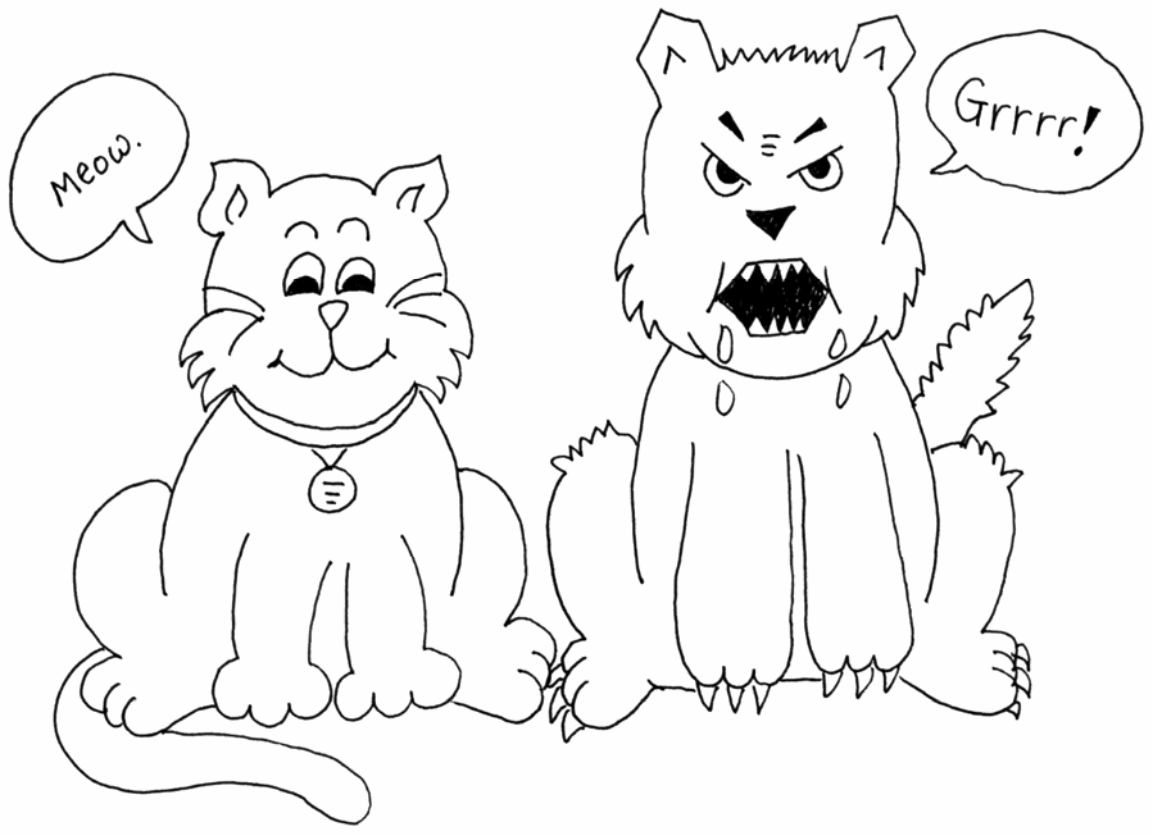
Never get into a car with a stranger or eat his candy.

O is for **OBEY** TRAFFIC LAWS.



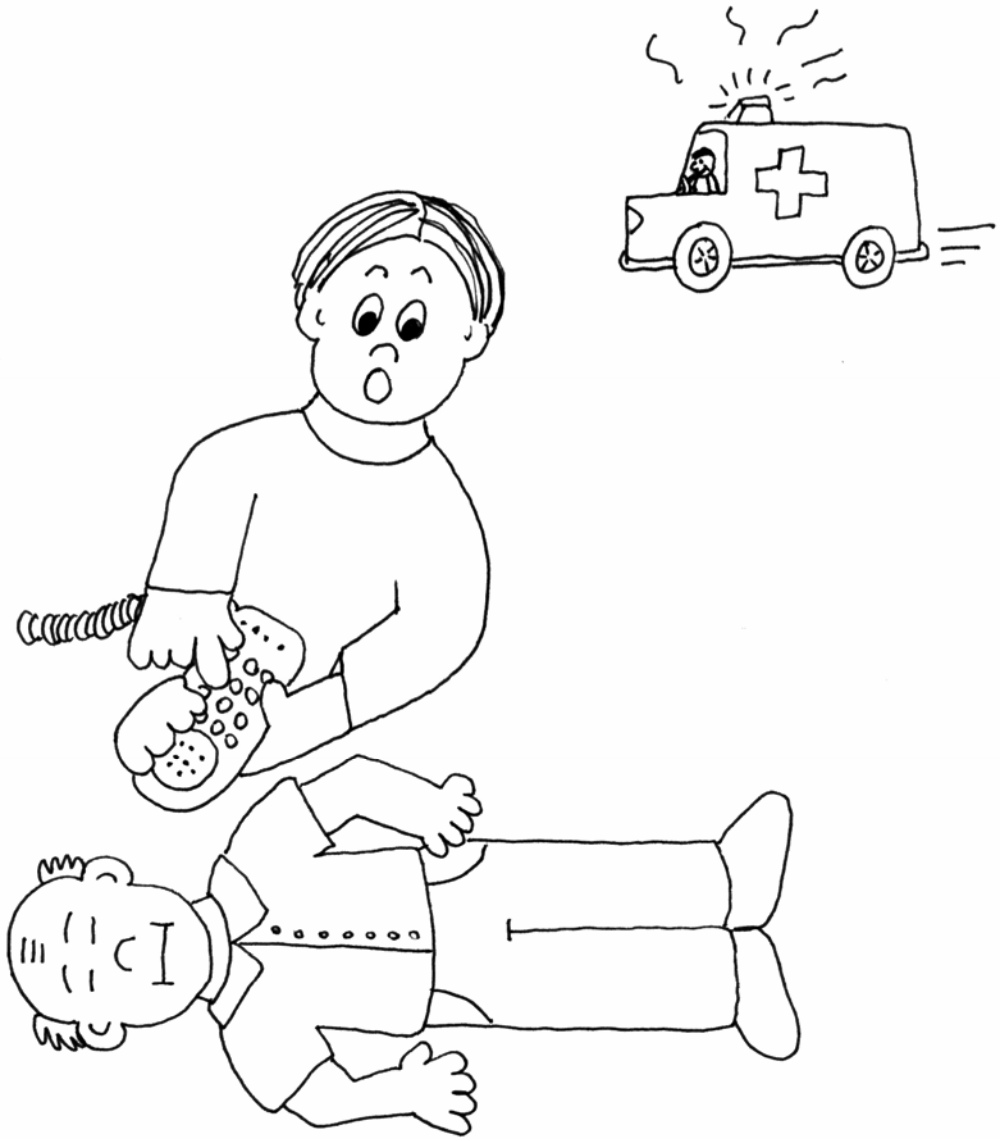
Cross the street at the corner with the “Walk” light.

P is for **PETS**.



Your pets may be friendly, but strange ones might bite.

Q is for **QUICKLY**.



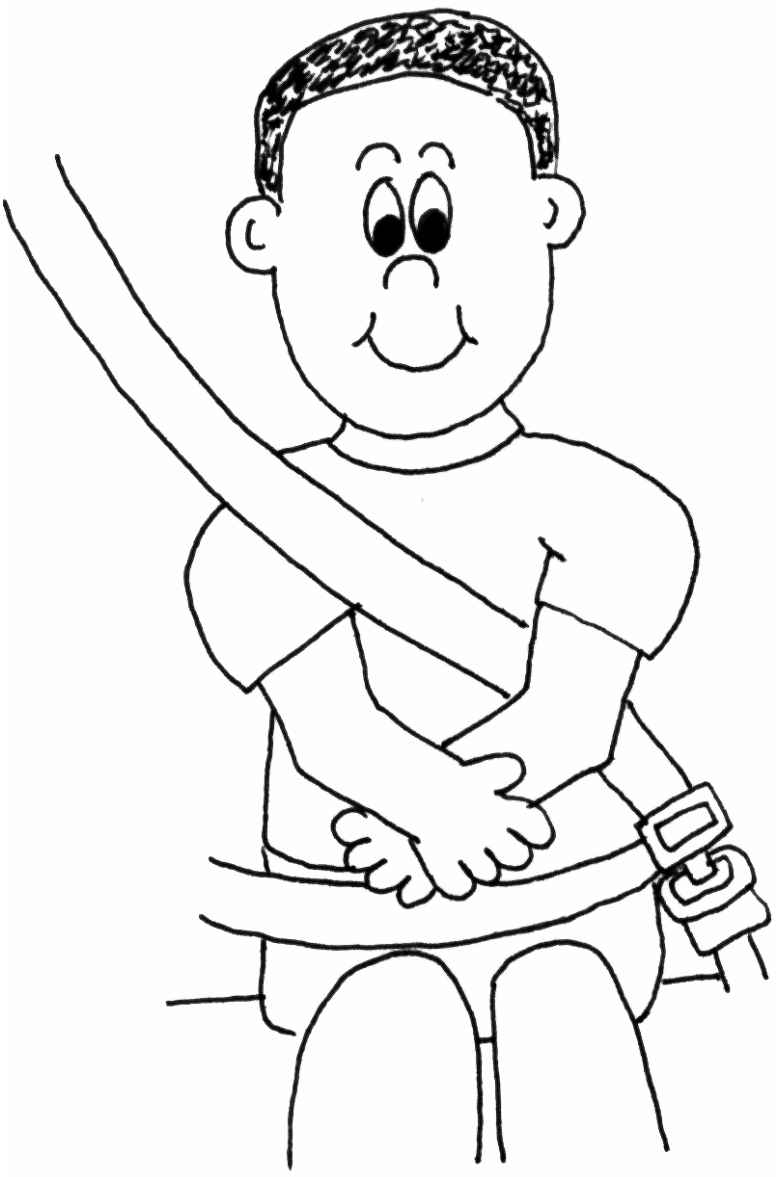
If there is an emergency, quickly call 9-1-1.

R is for **READING**.



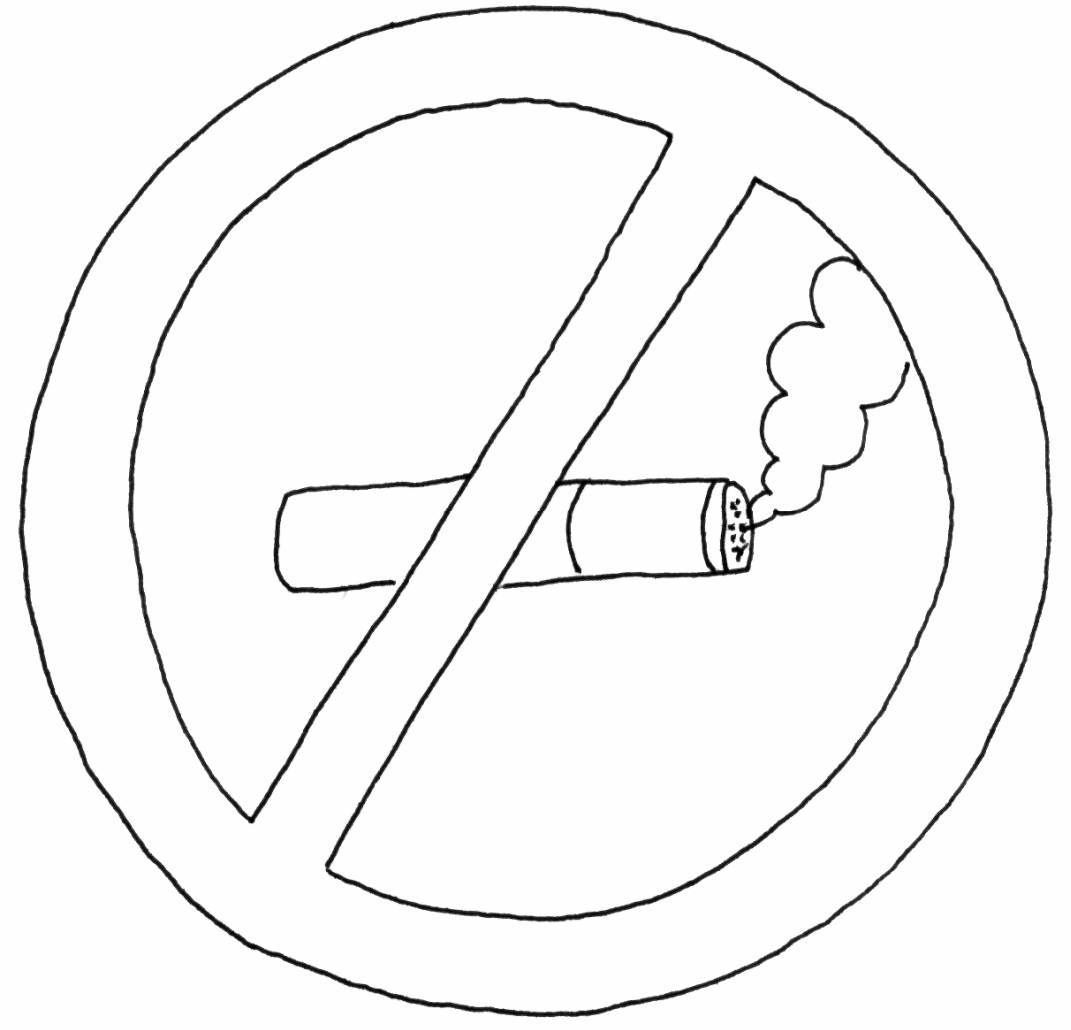
It’s good for your brain, and also quite fun.

S is for **SEATBELTS**.



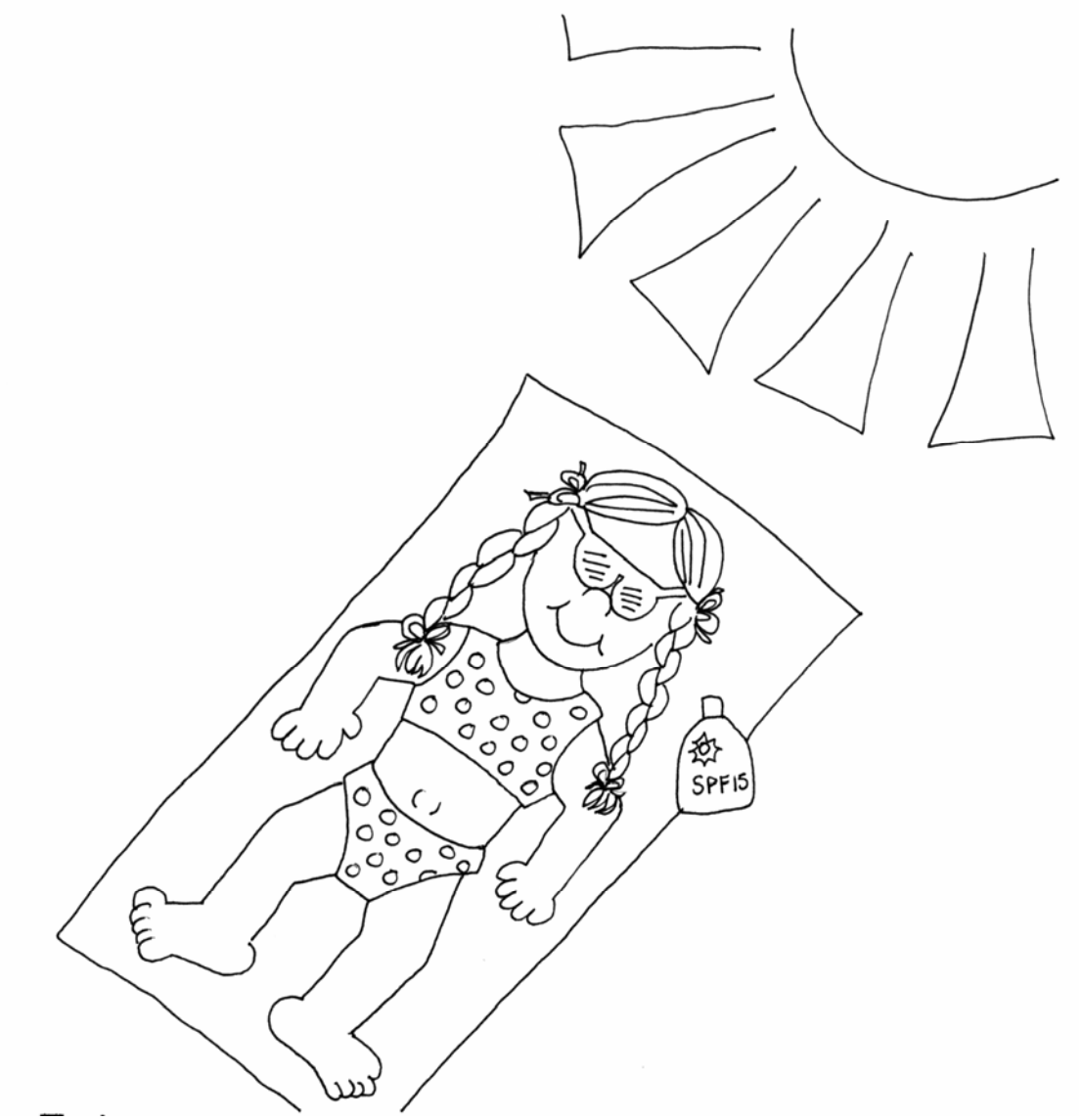
Always buckle your seatbelt to stay safe in the car.

T is for **TOBACCO**.



Smoking is bad for your lungs because cigarettes have tar.

U is for **USE SUNSCREEN**.



To keep your skin safe from the sun, always put on sunscreen.

V is for **VEGETABLES**.



To get iron for your blood, eat lots that are green.

W is for **WASH** YOUR HANDS.



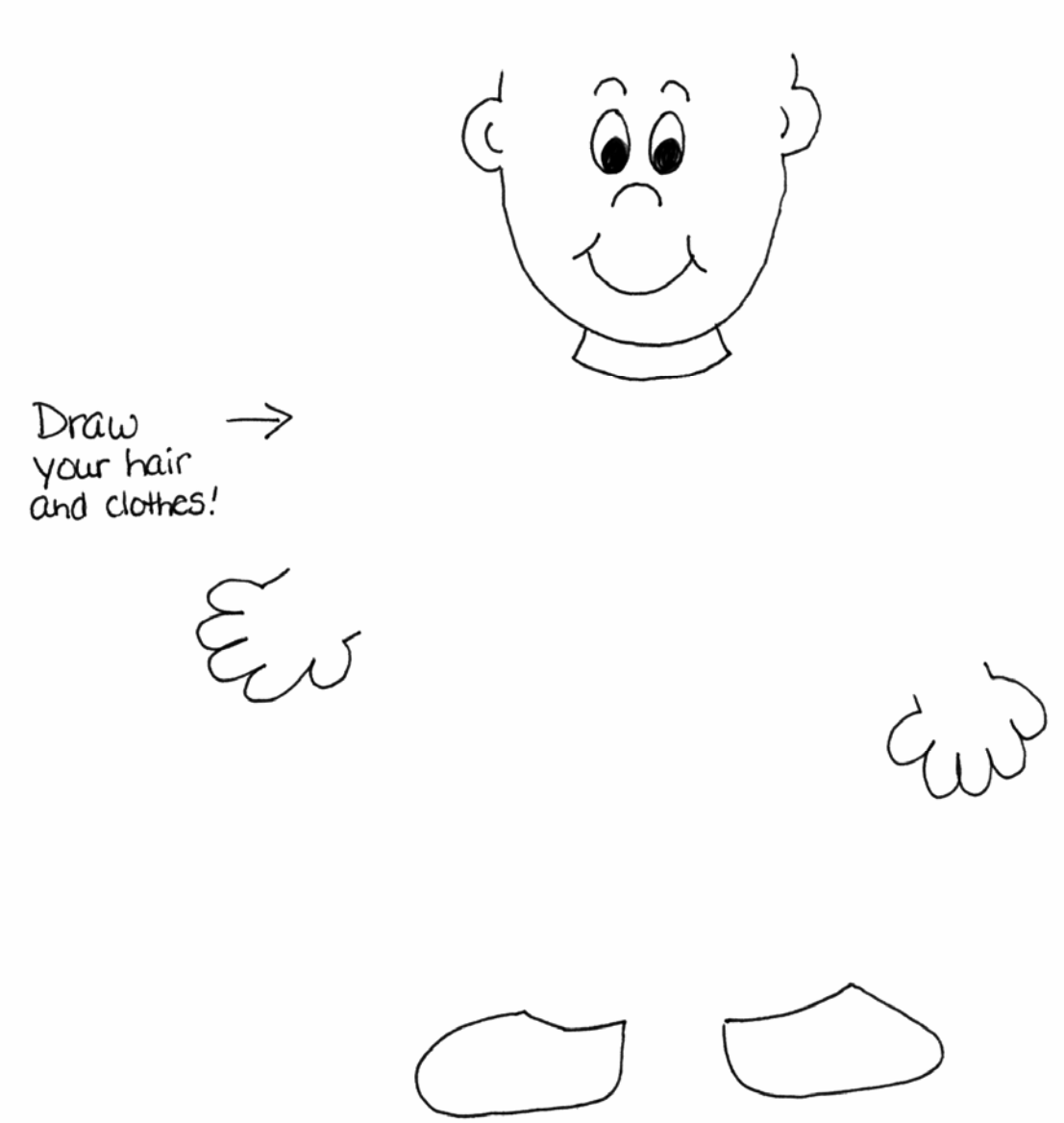
Wash your hands before you eat and after using the potty.

X is for **NO DRUGS or ALCOHOL**.



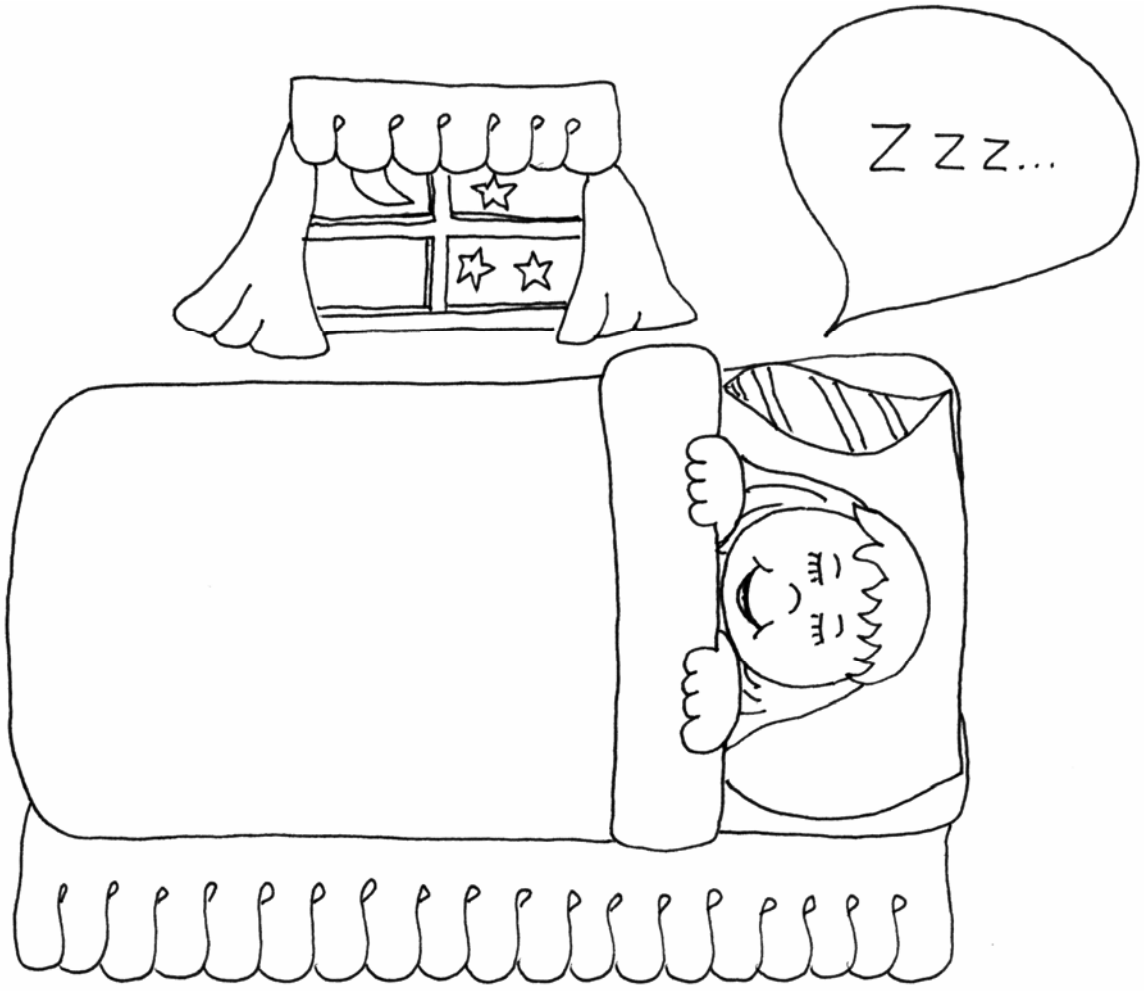
They are bad for your body.

Y is for **YOU**!



Form health habits and you will be all right.

“**Zzzz**” is for SLEEP.



Try to get eight hours of sleep every night.