

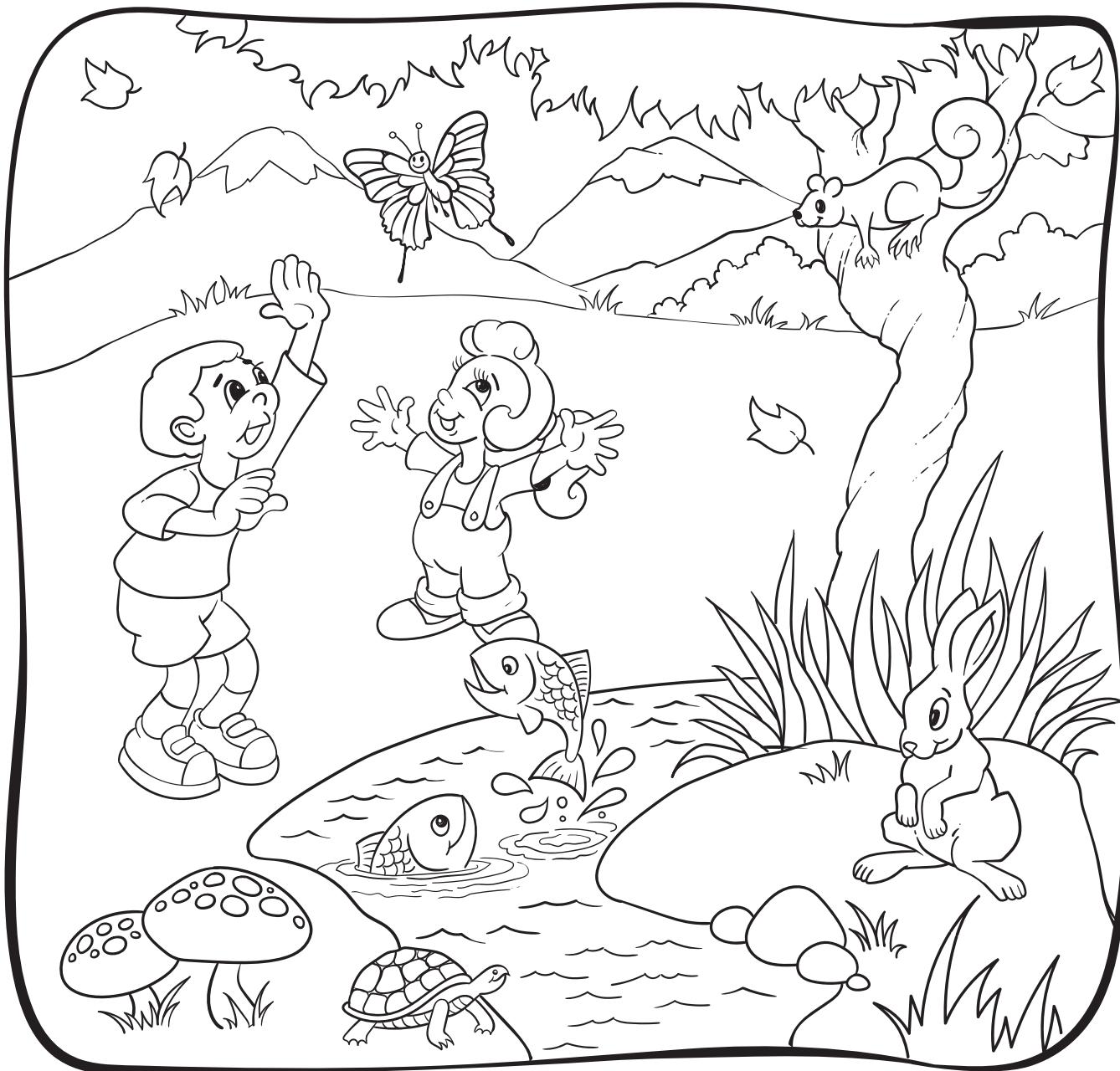
# One Health:

## We're All Connected!





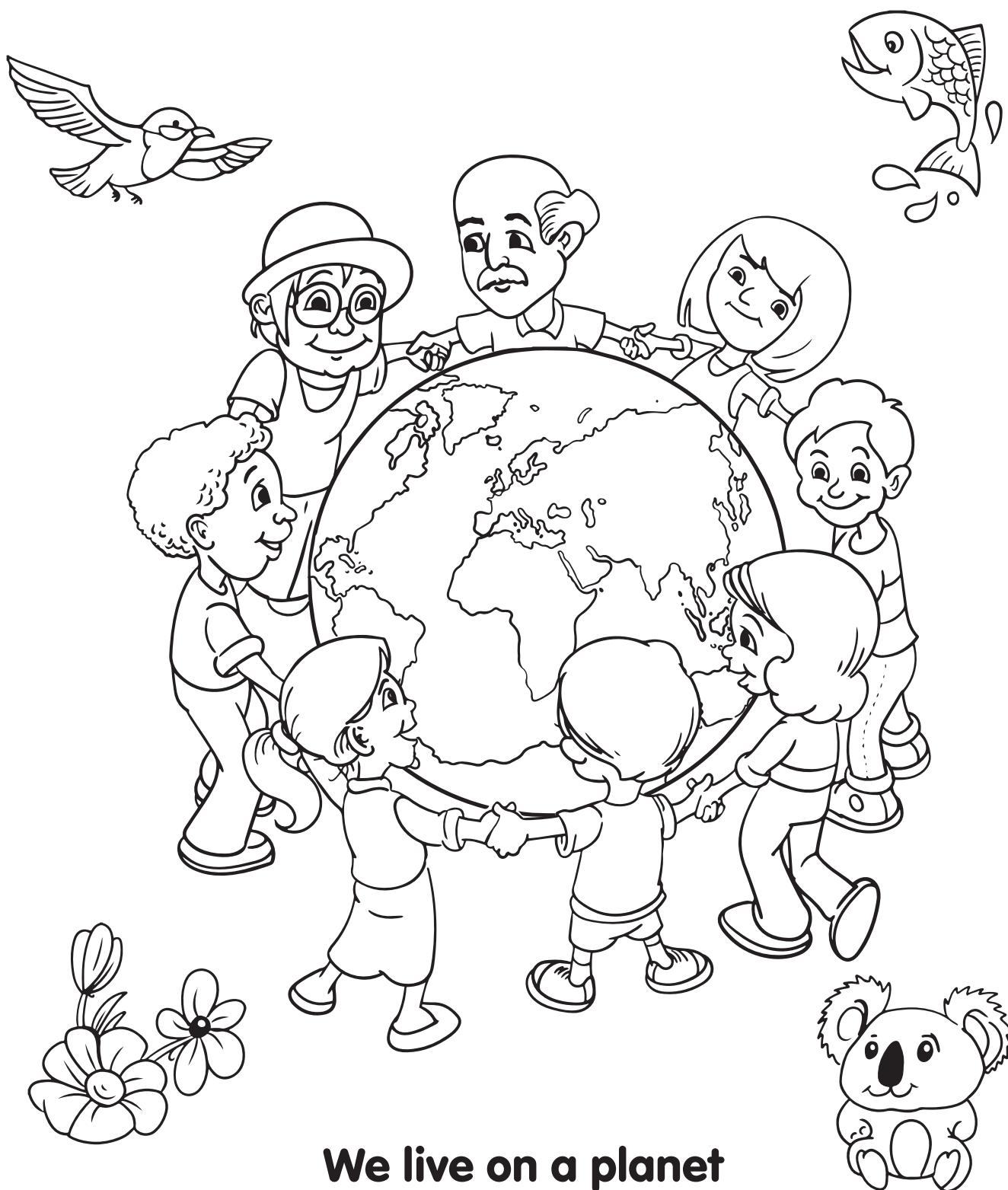
# One Health: We're All Connected!



Name: \_\_\_\_\_

## Note to Parents, Guardians, and Educators:

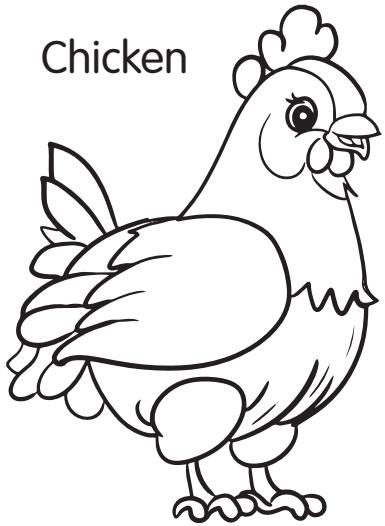
The Centers for Disease Control and Prevention has created this coloring book to offer parents, guardians, and educators an interactive way to talk to kids about how the health of people, animals, and the environment is all connected—known as One Health. It's important for children to know that being in nature, seeing animals, and interacting with the environment brings many benefits. It's also important for children to know that harmful germs can sometimes spread between people, animals, and our environment, but there are ways to stay healthy while enjoying animals and exploring nature. We hope you will encourage this book's use in your schools, communities, and at home to help children learn about the connection between human, animal, and environmental health.



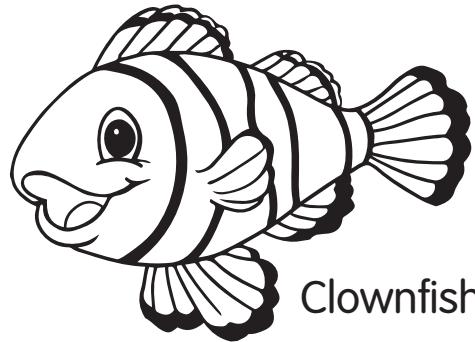
**We live on a planet  
called Earth.**

## **Earth has many kinds of plants and animals.**

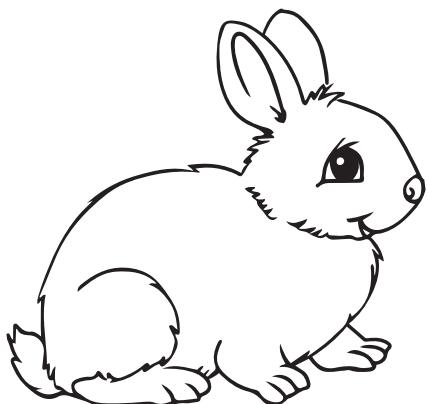
Chicken



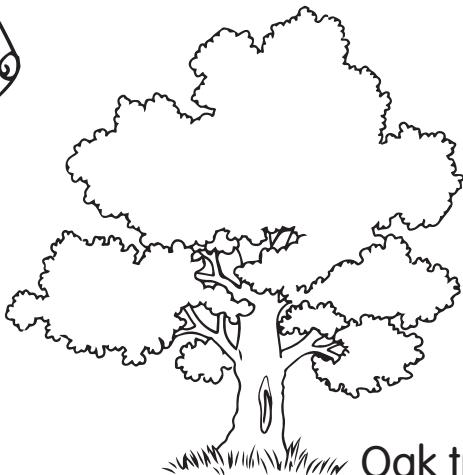
Sunflower



Clownfish



Pet bunny



Oak tree



Tiger

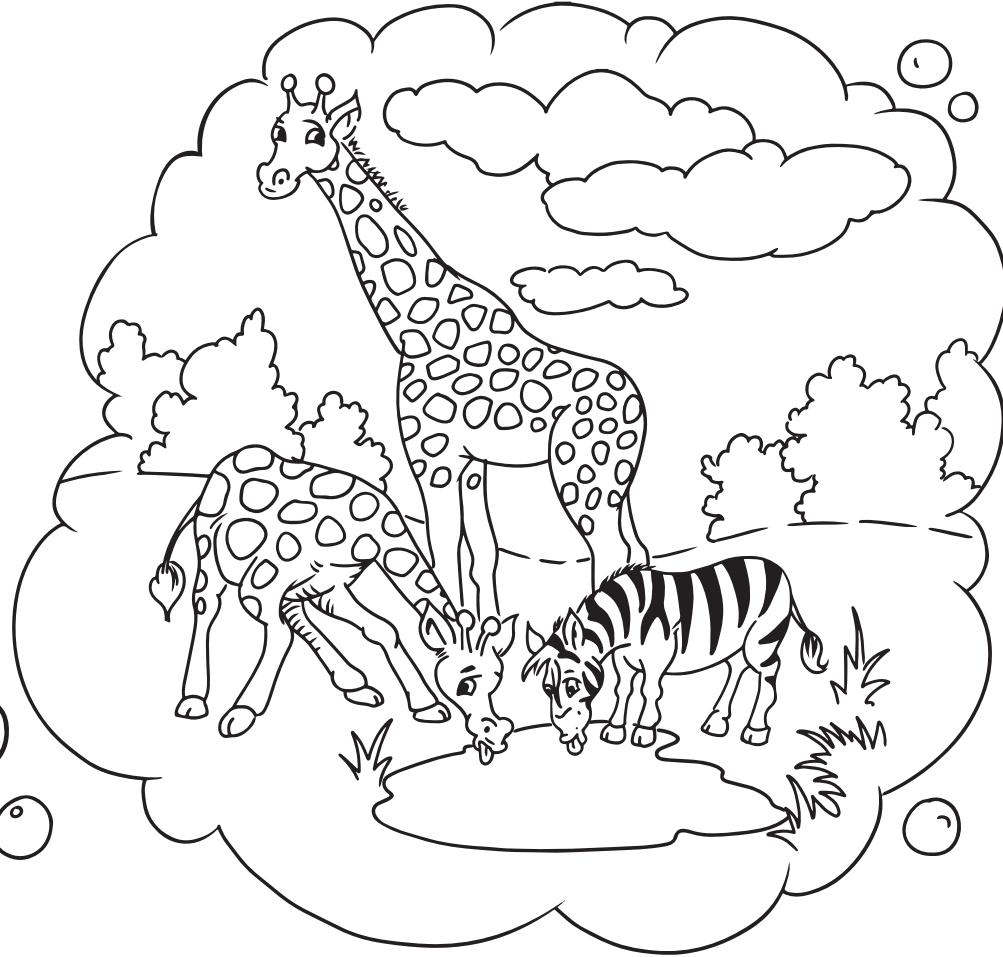
**What is your favorite animal?**

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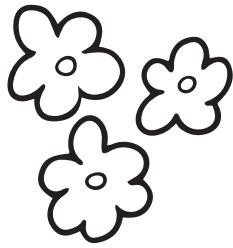
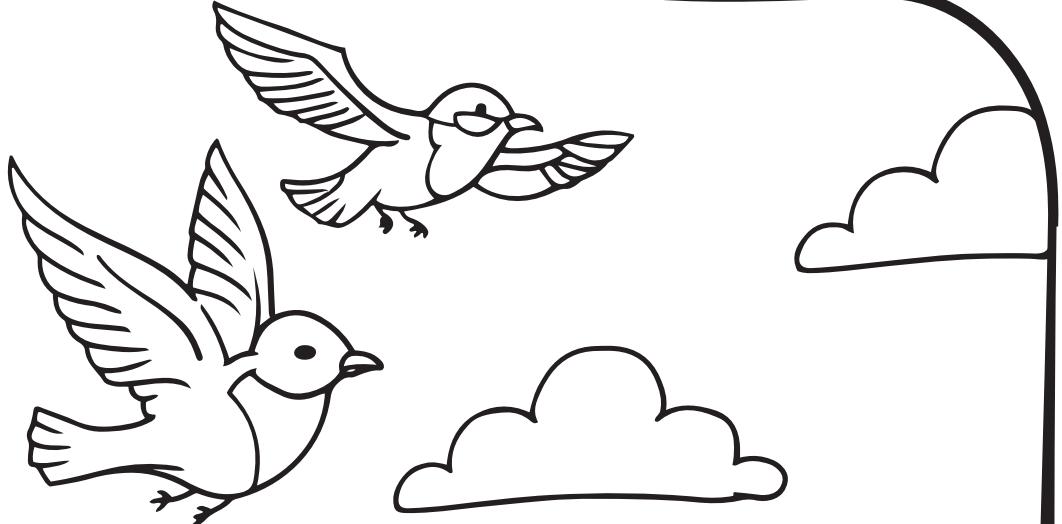


**People, animals, and plants  
are very different.**

**But we all have some important  
things in common.**



**We drink the  
same water.**



**We breathe  
the same air.**



**We all share  
the same home  
(Earth)!**

**Your health is connected to other people,  
animals, plants, and nature.**



**This is called One Health!**



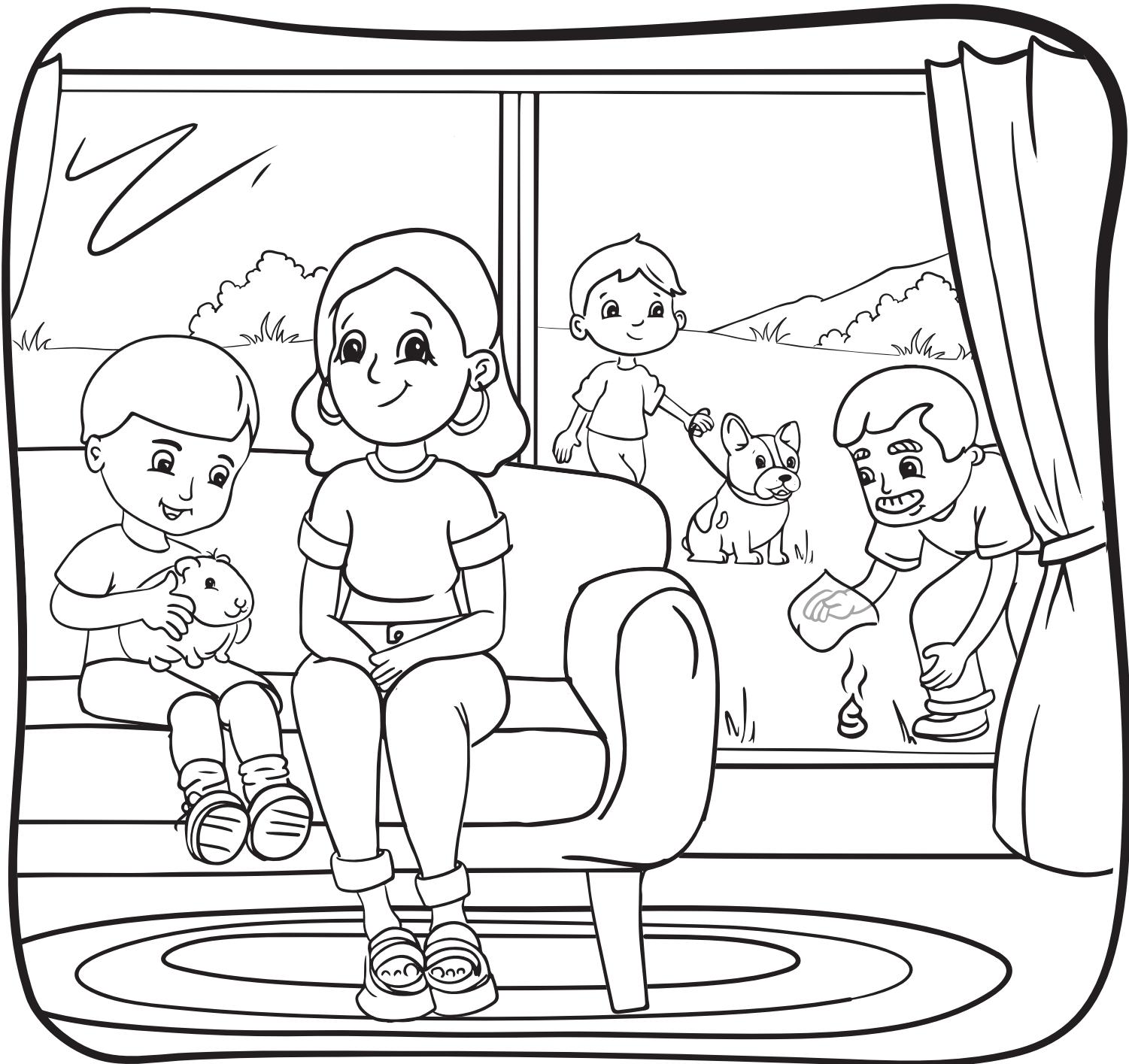
**One Health  
heroes work  
together  
to keep people,  
animals,  
and nature  
safe and healthy.**

**You can be a One Health Hero too!**

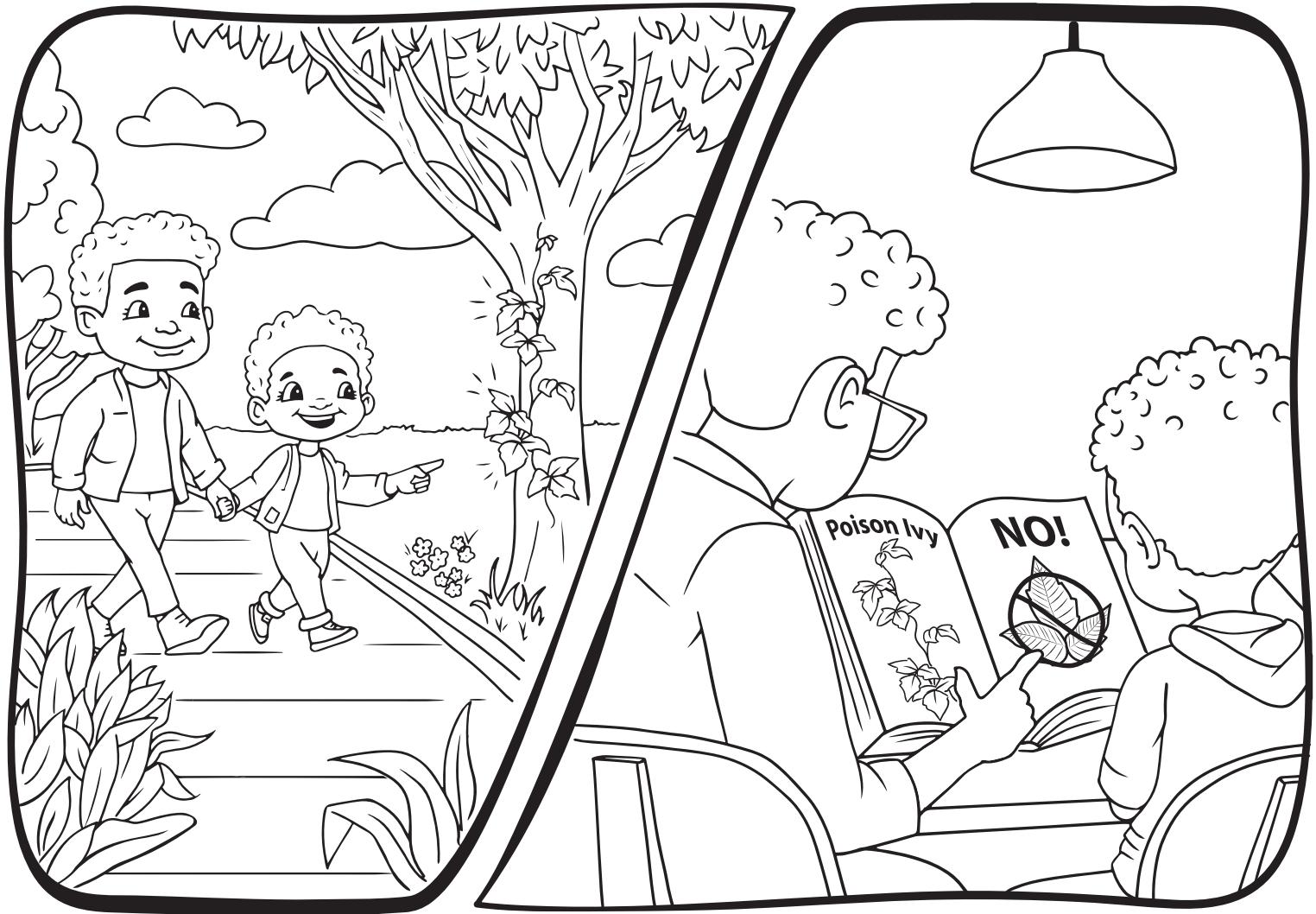
**Here's how:**



**Be nice to your pets  
and nature.**



**Learn about  
animals and plants  
in your neighborhood.**



**Ask an adult about what you  
should do when you see these  
animals and plants.**

**Wash your  
hands after  
playing  
outside...**



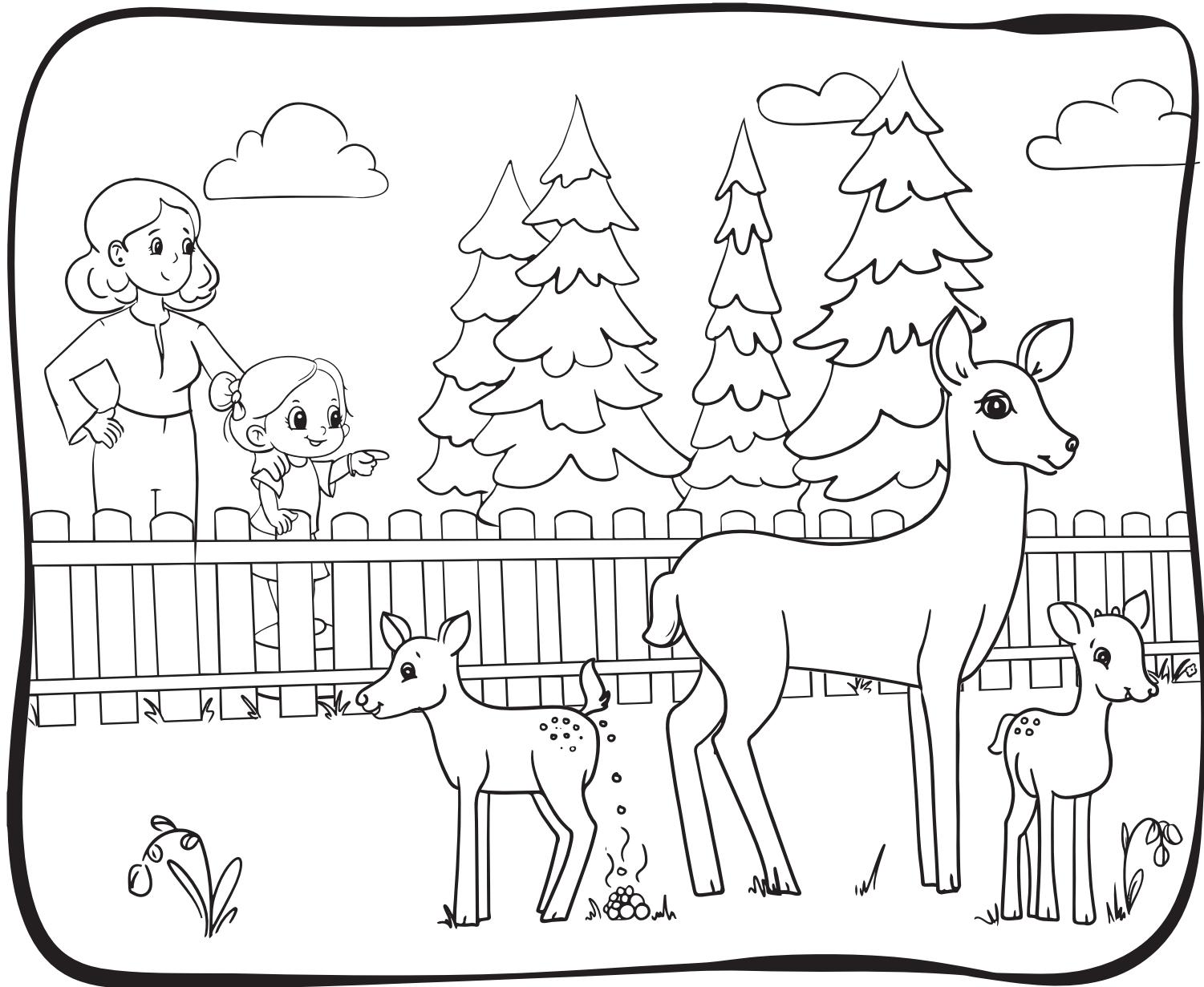
**Or after touching  
pet toys, food,  
or cleaning up  
pet poop.**

**Play in the dirt! But don't eat it.**



**Eating dirt could make you sick!**

# **Stay away from wild animals (and their poop)!**



**Don't touch or feed wild animals.  
They need lots of space.**

**Together, we can be One Health Heroes.**



**Draw your superhero costume!**



## My pledge to be a One Health Hero:

I, \_\_\_\_\_, will protect the people, animals, and environment of Earth! To do this, I will:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



[www.cdc.gov/onehealth](http://www.cdc.gov/onehealth)



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention