Keiki Heroes
Let's Stay Healthy Together!
Vaccines and Immunity

My cousin ‘Iwa got her vaccine today! She says it might be my turn soon.

It’s supposed to keep us safe from getting sick with the virus. Can our auntie, Dr. Malie, explain how?
Your body has special defenders - white blood cells that work together with your organs to keep invading germs from getting you sick.

Phagocyte    Lymphocyte

They fight against invading bacteria and viruses!

Vaccines are like guest coaches you invite in, to give your defenders special training. And you might feel them while they practice.
The vaccine medicine will pass through your body, and the side effects will go away quickly.

But your cells are now ready to fight if the virus shows up.
With training they learned from the vaccine, your defender cells will keep you from getting sick with COVID-19.
Word Search: Vaccines

Circle words in the puzzle below!

The COVID-19 vaccine is safe, reliable. It is an important tool to help us all get back to real life. Learn more about it at www.keikiheroes.org!

COVID
Nurse
Vaccine
Healthy
Immunity
Doctor
Shot
Keiki
Bandaid
Safe
Hospital
Hero
Clinic
mRNA
Explore this maze and talk to your 'ohana about all the ways to practice safe behaviors at school.
Keiki Heroes Pledge

☐ I wash my hands
☐ I wear my mask
☐ I respect the bubble
☐ I am kind and compassionate

By exercising safe practices,
I stay healthy and help protect
my ‘ohana and friends.

Keiki Heroes Care!

Date:
Signed by Keiki:

Signed by parent/guardian:

You can also do the pledge online at KeikiHeroes.org.
And share that you’re a hero!
#KeikiHeroesPledge