

State Hygienic Laboratory at The University of Iowa

Presents

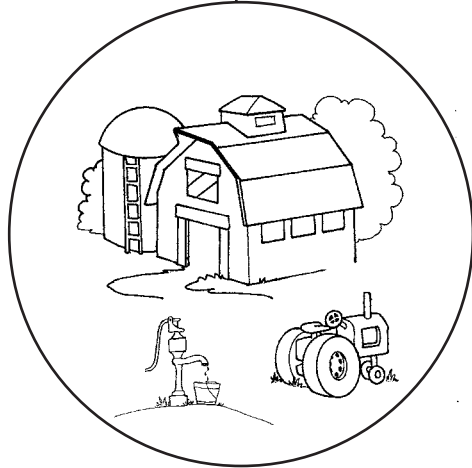
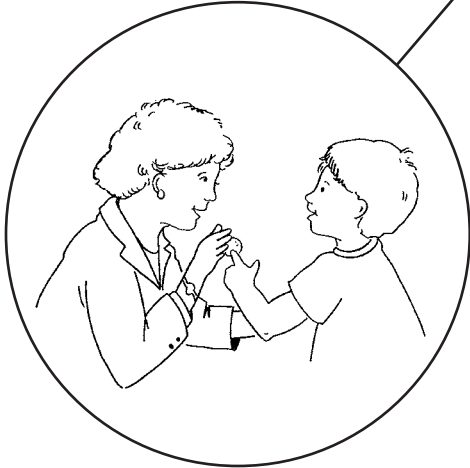
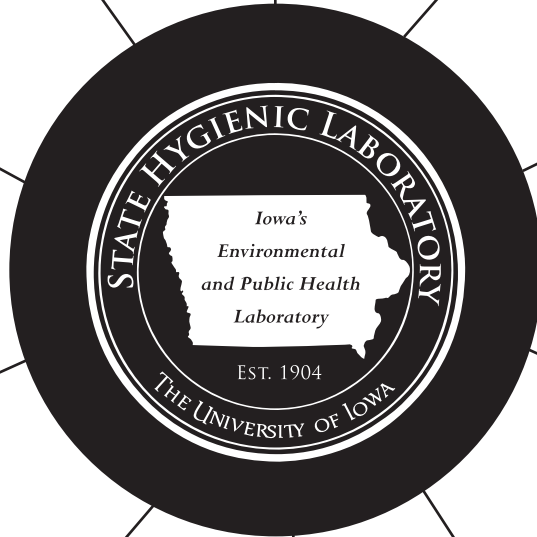
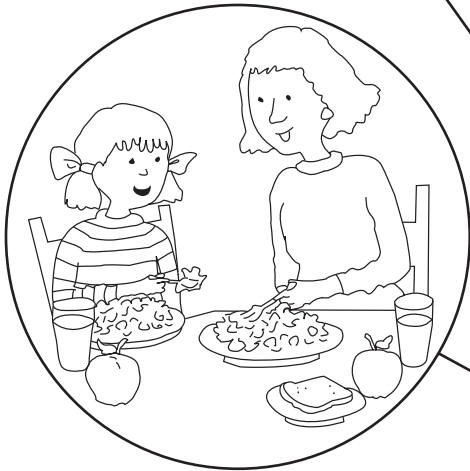
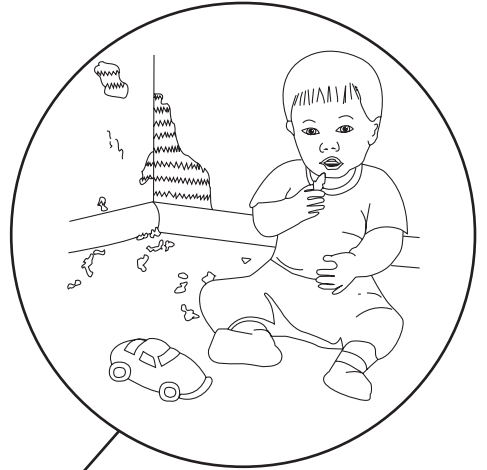
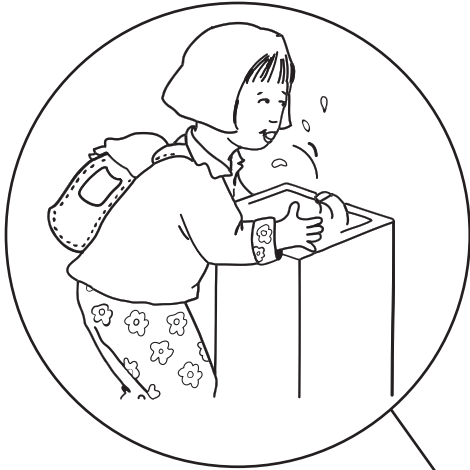
COLOR ME HEALTHY!

A COLORING BOOK FOR KIDS

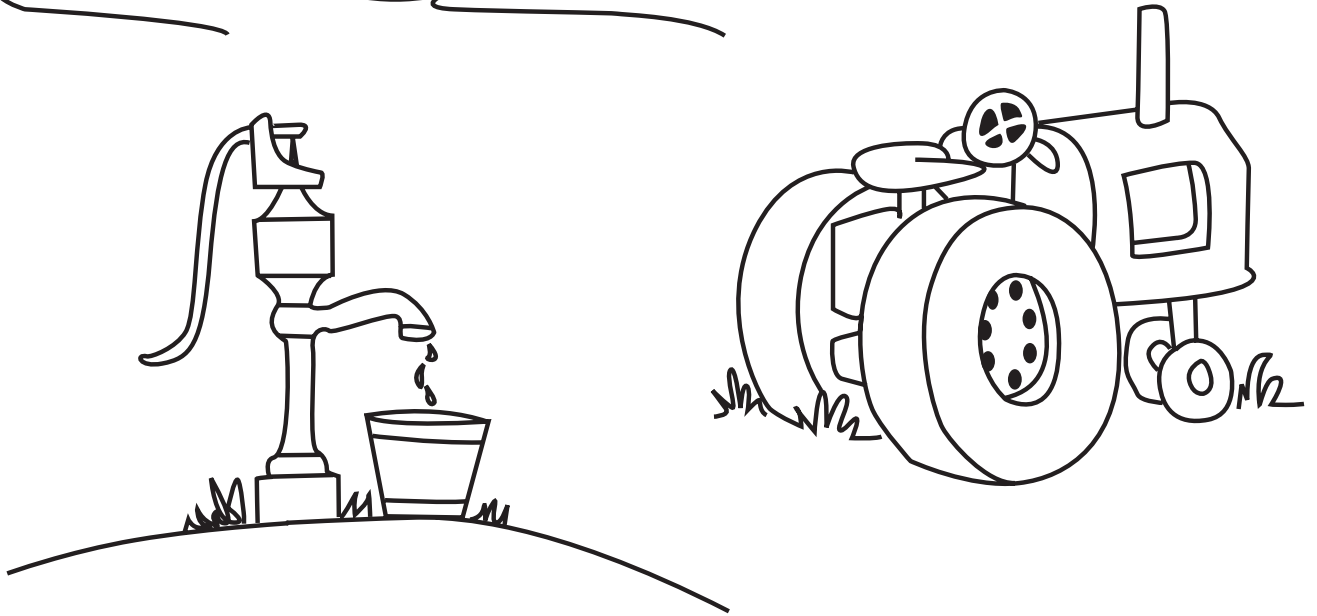
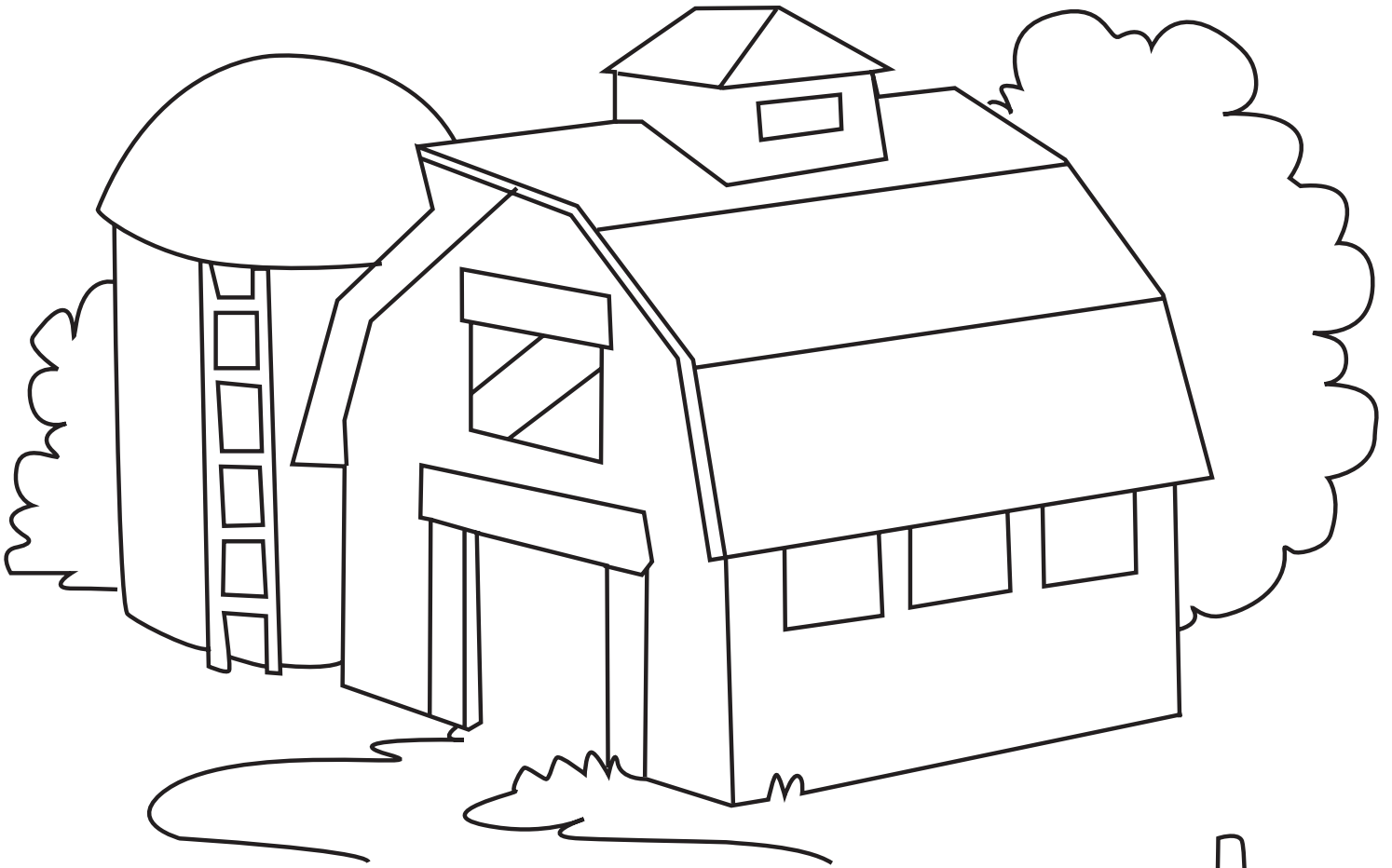
FUTURE SCIENTIST



State Hygienic Laboratory



Color Me Healthy!



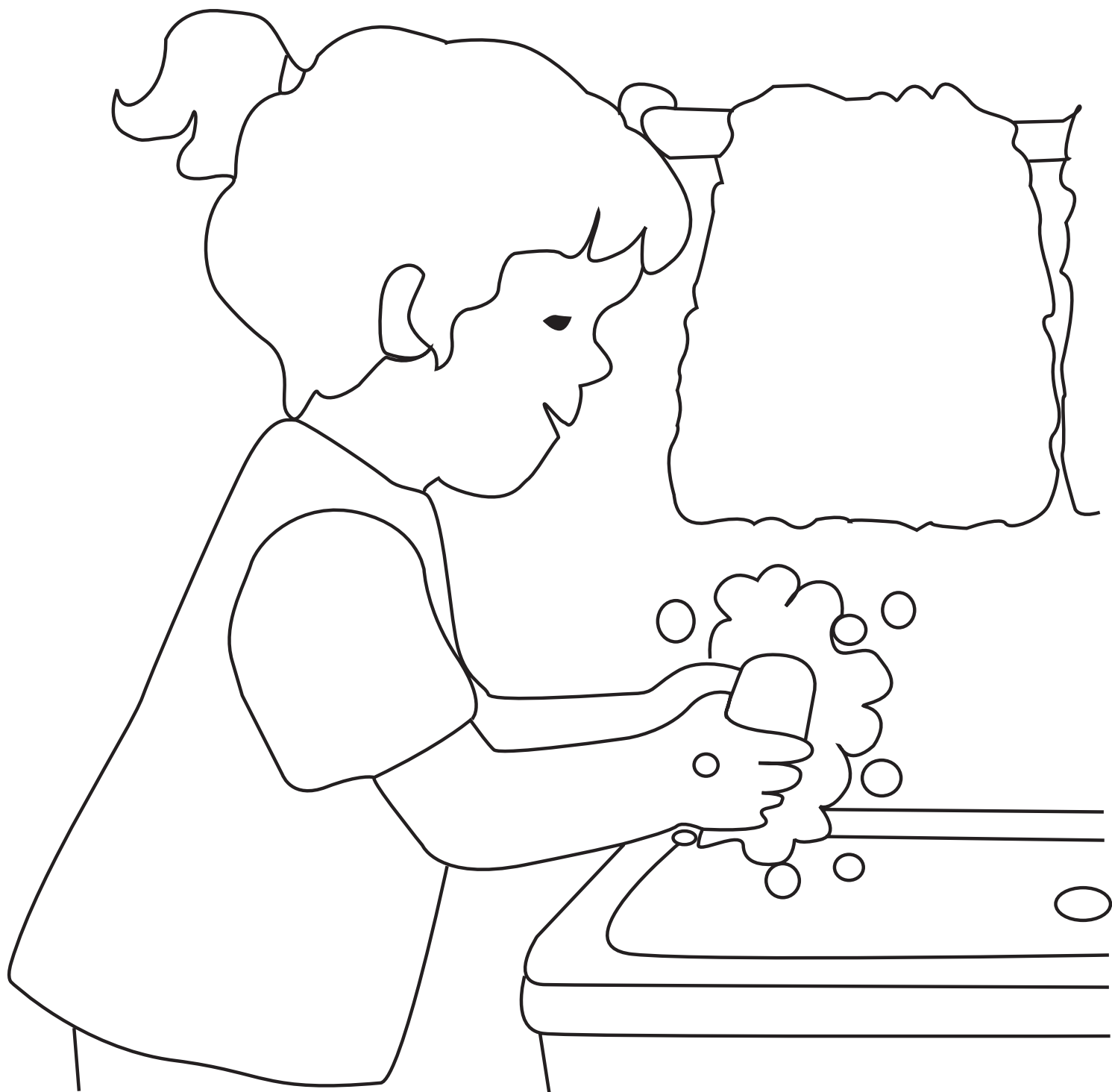
Well water should be tested
to make sure it's safe to drink.

Color Me Healthy!



Don't share brushes or combs.

Color Me Healthy!



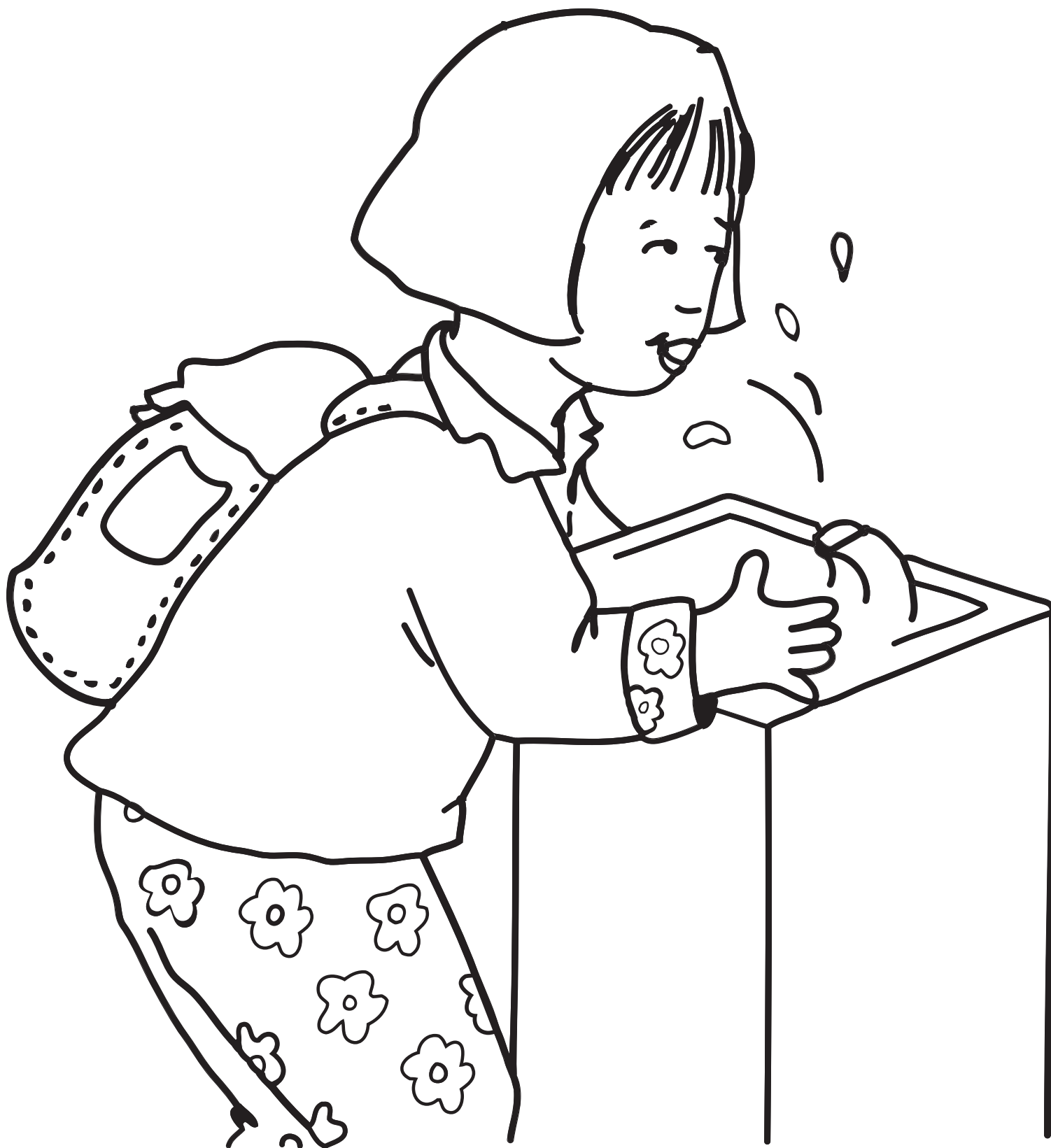
Wash your hands before eating
and after using the bathroom

Color Me Healthy!



Eat healthy foods
for healthy bodies.

Color Me Healthy!



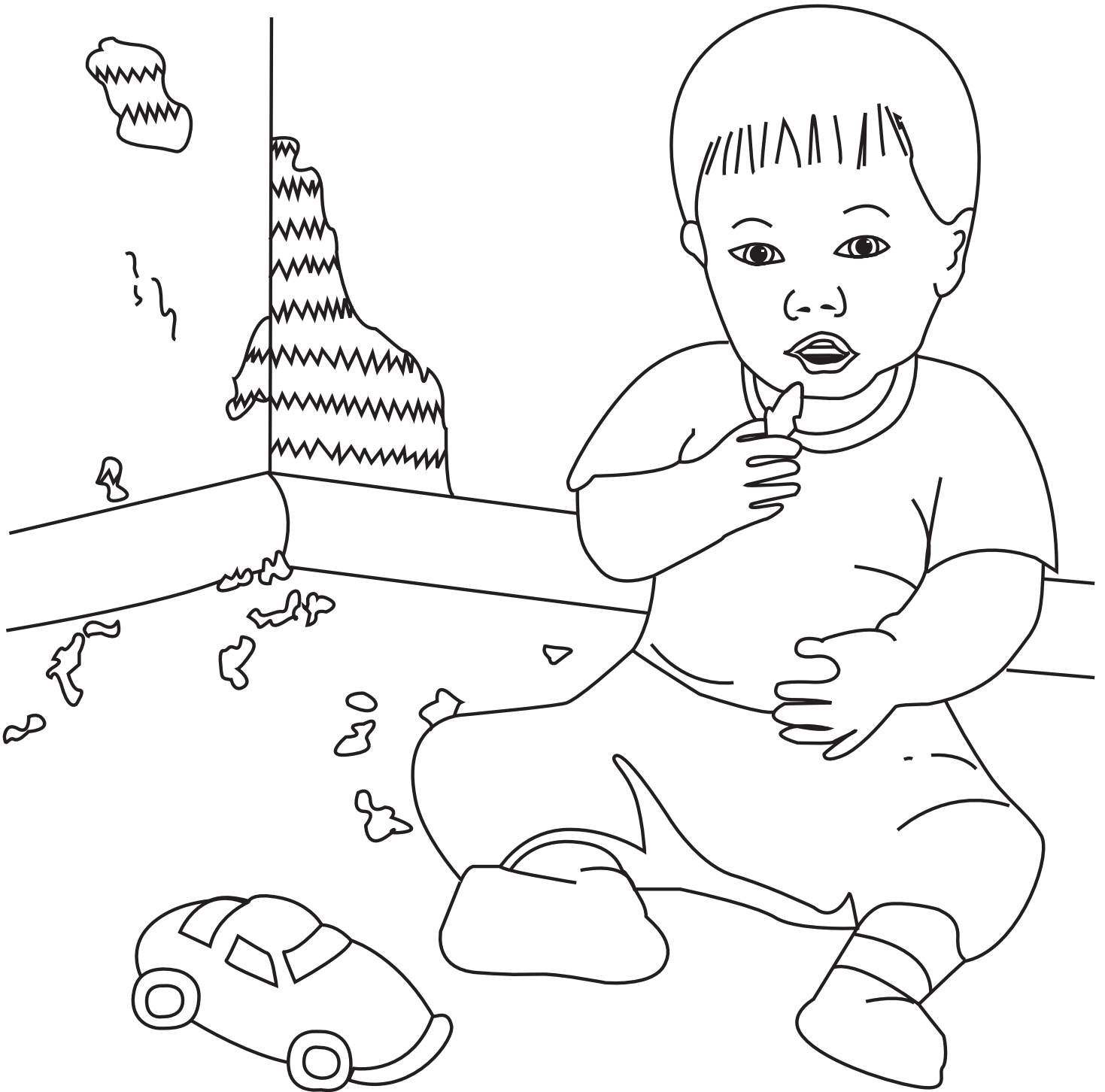
Only drink safe water.

Color Me Healthy!



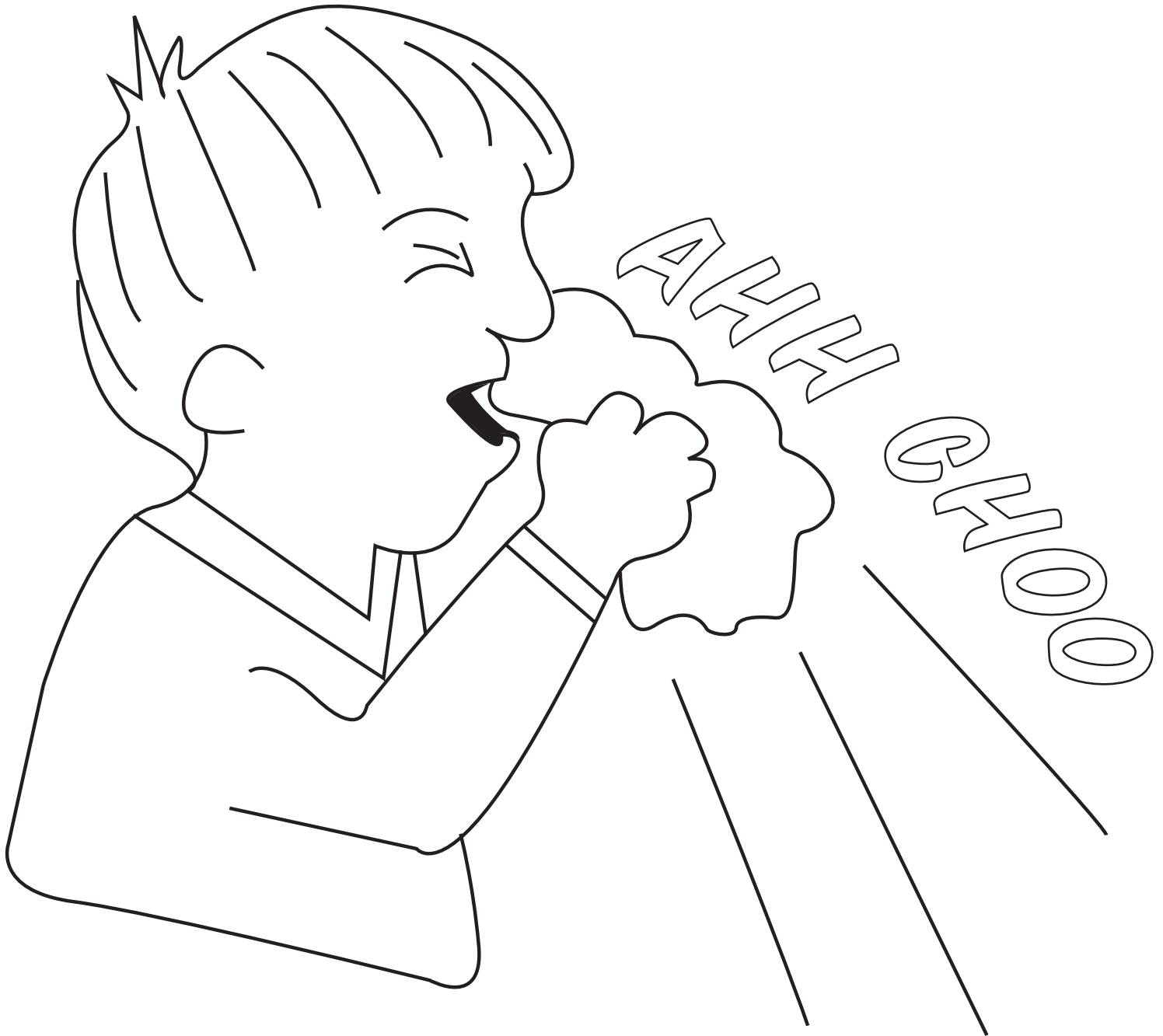
Water is fun to play in
but not safe to drink!

Color Me Healthy!



Babies shouldn't eat paint chips. They may contain a poison called lead.

Color Me Healthy!



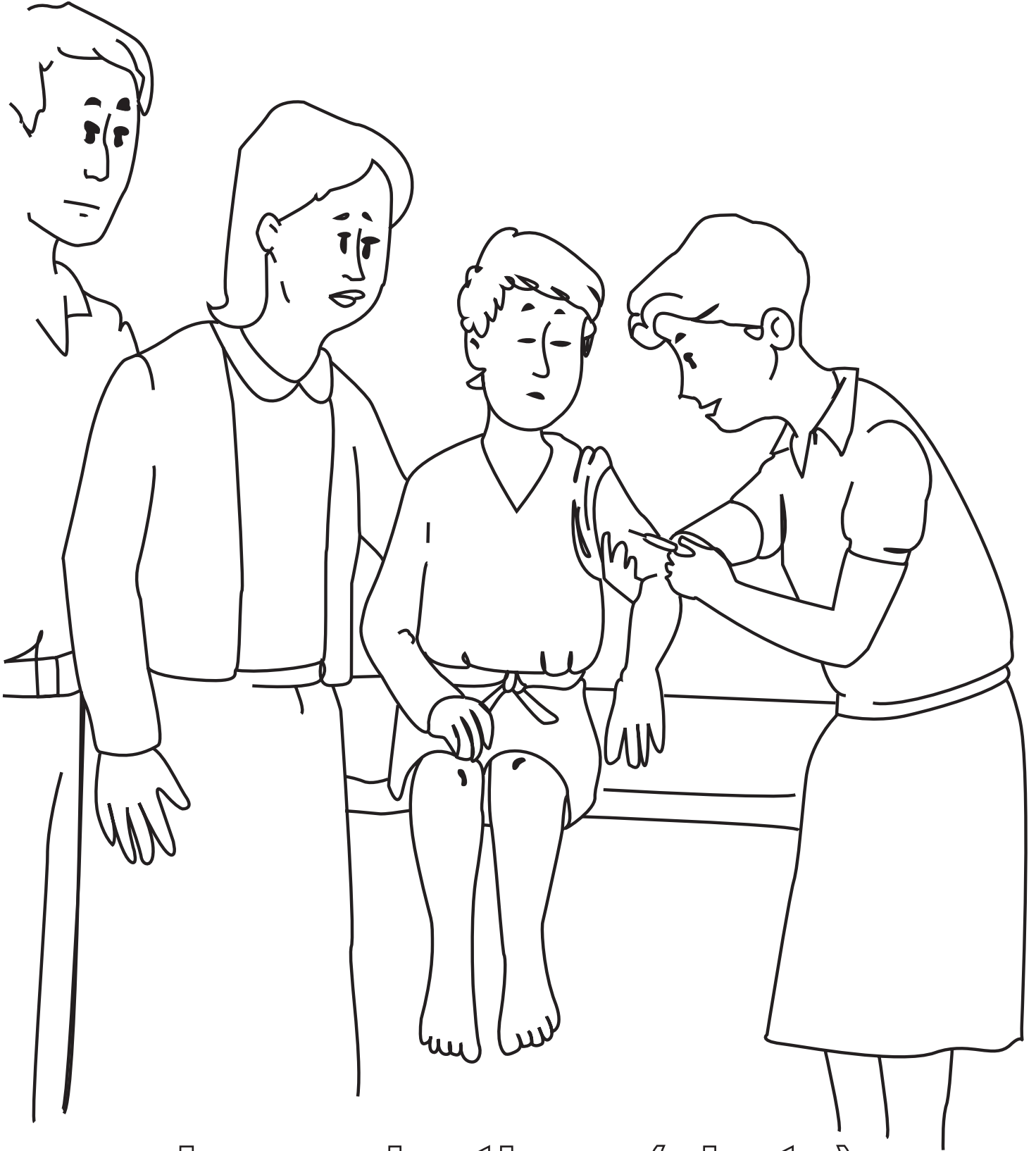
Always use a tissue
when you cough or sneeze.

Color Me Healthy!



Finger sticks at the
doctor's office help
make sure you are healthy.

Color Me Healthy!



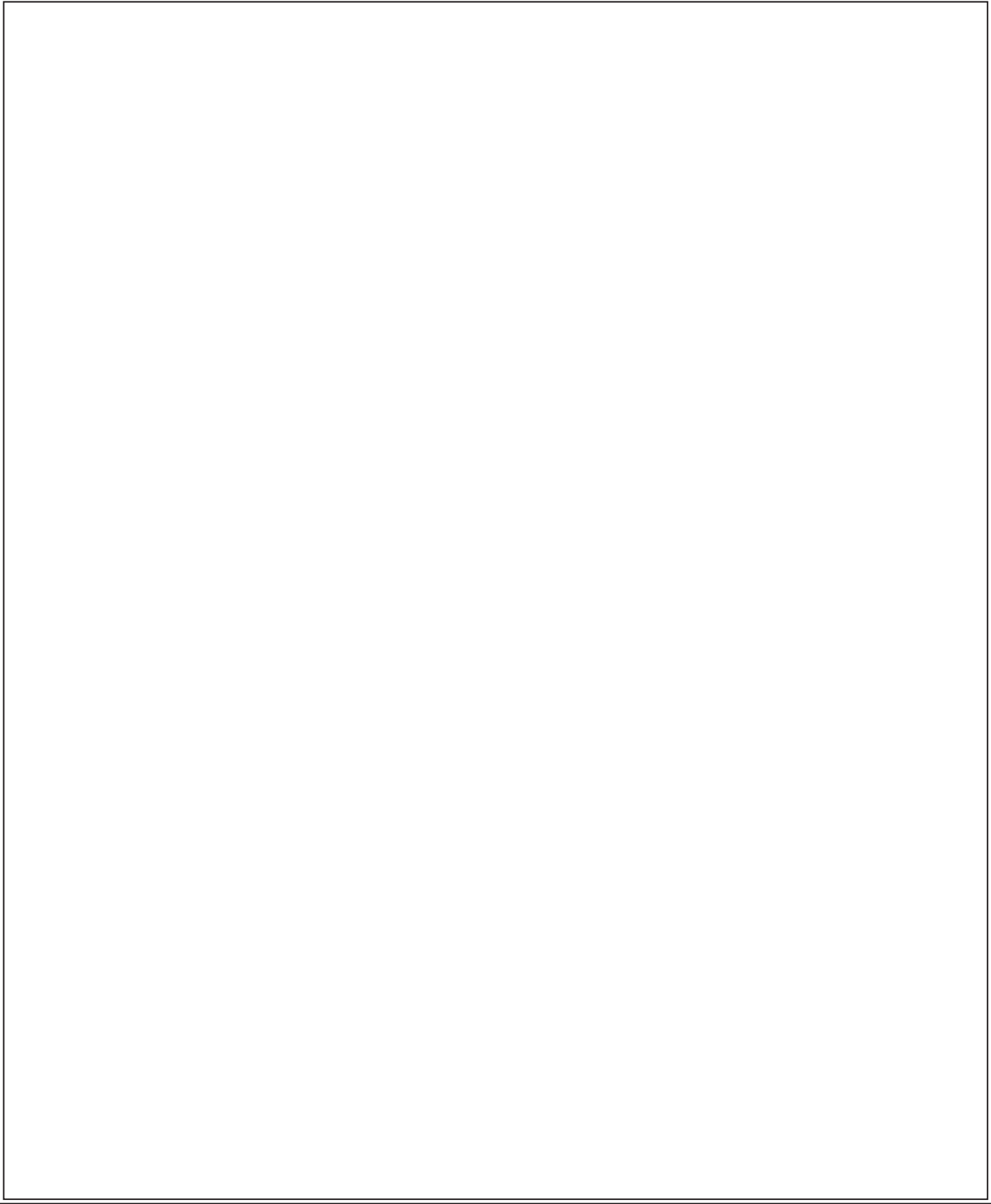
Immunizations (shots)
keep you healthy.

FUTURE SCIENTIST



“Spike”

Color YOU Healthy!



What is the State Hygienic Lab?

Your health is very important to the State Hygienic Laboratory at the University of Iowa. What is a Hygienic Lab? Hygienic means to help people be as healthy as possible. A laboratory (or "lab") is a place where scientists work to find answers. The Hygienic Lab, then, is a laboratory where scientists work to find ways to help you and other Iowans stay healthy.

Our scientists help doctors know if people have the flu or other diseases. We test the water you drink to make sure it is the best it can be. We also collect samples of air from all over the state to see how clean it is. People who work in our lab make sure that the families of babies born in Iowa know if these newborns need any special medicines or food.

So you see, we care about your health from the day you were born, and we will help keep you healthy as you grow.

Thank you for learning about the State Hygienic Laboratory at the University of Iowa, and thank you, too, for staying healthy.

FUTURE SCIENTIST



State Hygienic Laboratory



For additional copies or for further information contact:

State Hygienic Laboratory
UI Research Park
2490 Crosspark Road
Coralville, IA 52241-4721
319-335-4500 or 800-421-IOWA
Fax: 319-335-4555

Iowa Laboratory Facility
2220 S. Ankeny Blvd.
Ankeny, Iowa 50023-9093
515-725-1600
Fax: 515-725-1642

Iowa Lakeside Laboratory
1838 Highway 86
Milford, Iowa 51351-7267
712-337-3669
lakesidelab.org

shl.uiowa.edu

Special thanks to Kim Carney and Ann Riley for their suggestions and artwork.

© 2012 State Hygienic Laboratory at the University of Iowa

