One Health: We’re All Connected!
One Health: We’re All Connected!

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.

What is your favorite animal?

Chicken
Sunflower
Pet bunny
Oak tree
Clownfish
Tiger
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. _______________________