State Hygienic Laboratory
at The University of Iowa

Presents

COLOR ME HEALTHY!

A COLORING BOOK FOR KIDS

FUTURE SCIENTIST

State Hygienic Laboratory
Well water should be tested to make sure it’s safe to drink.
Don’t share brushes or combs.
Wash your hands before eating and after using the bathroom
Color Me Healthy!

Eat healthy foods for healthy bodies.

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Only drink safe water.
Water is fun to play in but not safe to drink!

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Babies shouldn’t eat paint chips. They may contain a poison called lead.
Always use a tissue when you cough or sneeze.
Finger sticks at the doctor’s office help make sure you are healthy.
Color Me Healthy!

Immunizations (shots) keep 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.
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

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