## 

2015 Get Smart Competition for **Young Artists and Writers** 

Draw a picture, design a poster, or write a story about keeping healthy!

The Pennsylvania Get Smart Program invites all children (up to 12 years old) to help build the National Campaign to say "NO!" to germs and "YES!" to being healthy! This involves ideas like washing your hands (to wash germs away), getting vaccines or "shots" (to help prevent illness), and using medicines called antibiotics appropriately (to fight bacterial infections).



- Draw icky germs on dirty hands!
- · Make a poster with tips for what to do if someone coughs on your toy. Yuck!
- Write about a classroom where you are sharing books and toys, when one day your best friend gets sick. What happens? Does she or he go to the nurse? Do you wash your hands?
- Make a drawing of yourself getting a flu vaccine!
- Show examples of children sick with germs that don't need antibiotics — like colds or the flu. They need a Kleenex box and lots to drink but no antibiotics!
- Design a comic book of everything "germy" you might touch in a day.



you healthy.





Write a poem about how vaccines help keep

· Create a germ-fighting hero who uses soap,





Three children each from five different age groups will win prizes!

Winning entries will be displayed on the Get Smart website.







For guidelines, information, and where to submit your entries, visit www.KnowWhenToSayNo.org.

