



"Why Do I Need Shots?!"

A coloring book

Written by Danielle Colayco

Illustrated by Matthew Manos

Dear Families,

I wrote this book as a resource to answer your questions about vaccines and to serve as a conversation starter with your family and healthcare providers. As a parent, I want my daughter to have every opportunity to thrive, be well, and enjoy life – and I’m also very familiar with the struggles of taking time off work for pediatrician appointments and restraining a screaming, squirming child for their shots.

As a pharmacist, I make sure that my whole family gets our flu and COVID shots every year—but I wasn’t always like this. In 2009, as a busy 26-year-old student with no medical conditions, I decided to skip my flu shot. I thought, *how bad could it be?* It just so happened to be the year of the H1N1 “Swine flu.” I got so sick, I could barely get out of bed. Those were the days before Doordash, and my parents had to drive 20 minutes to my apartment to drop off soup on my doorstep. It took me two weeks to recover. Sixteen years later, I still remember how it felt, and I never want my loved ones to go through that. So, every October, we go into the pharmacy and roll up our sleeves.

At the time of this writing, two unvaccinated children in Texas have tragically passed away from the measles. As a parent, my heart grieves for those kids and their loved ones. Their deaths were fully preventable if only they had received her shots in time. In a way, this book is a reminder of what’s possible when we prepare ourselves. We don’t have to miss out on life’s celebrations. We get to be there for the milestones and the playdates. And most importantly, we get to keep living.

For more information on getting your child vaccinated, talk to your doctor or pharmacist or visit <http://VaccinateYourFamily.org>

Rooting for you,

Dr. Colayco



Hi, my name is Gabby, and I
am in the fourth grade.

Sometimes my dad takes me
to the doctor to get my shots,
and I don't like it!



This year, I didn't get my shots,
so I got really sick and
missed my bestie Yuki's
birthday party.

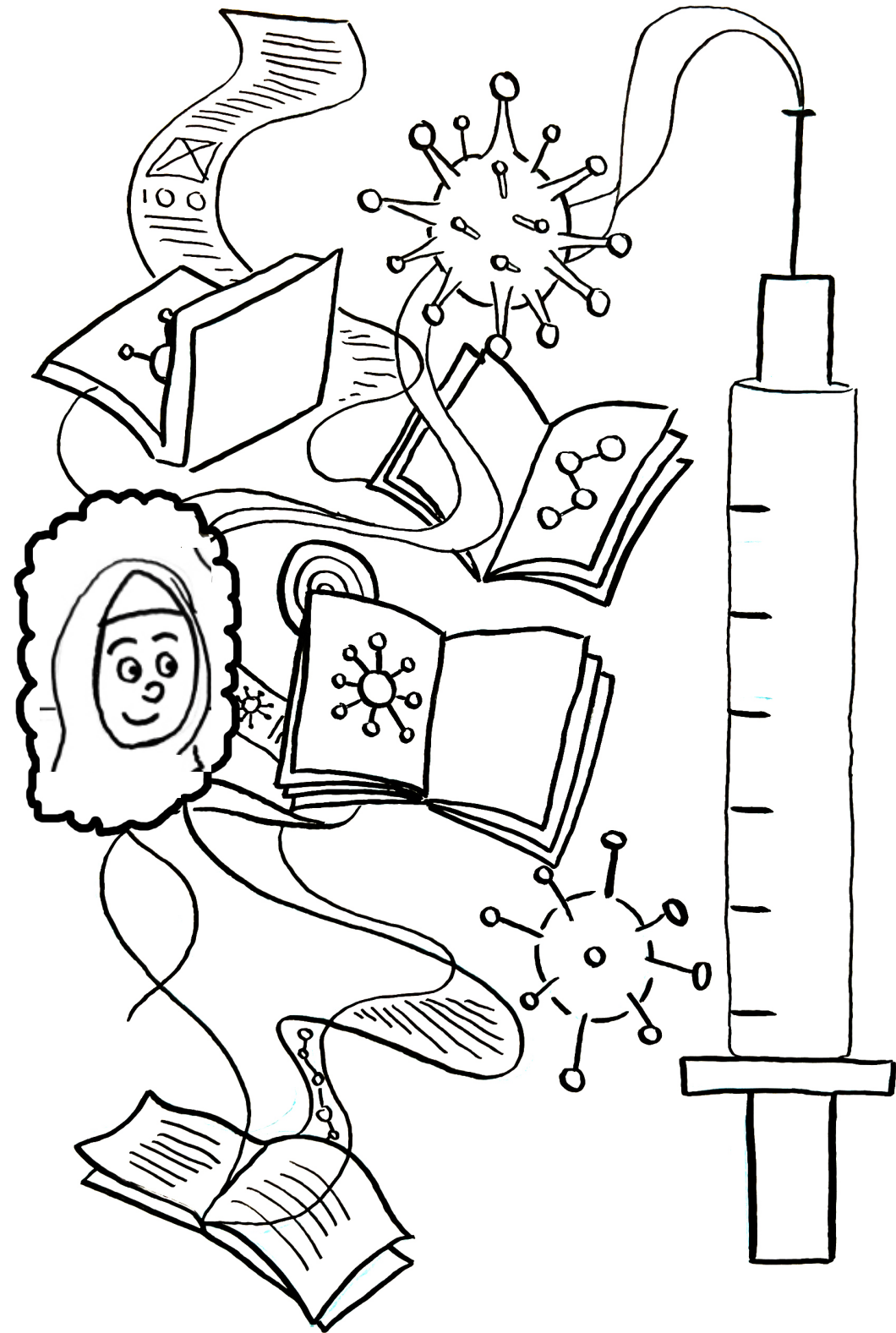


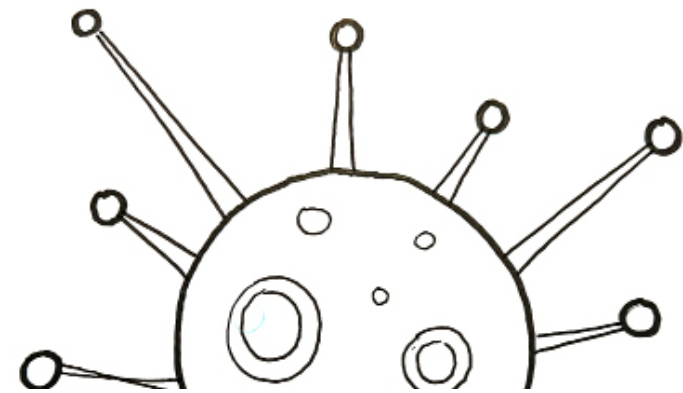
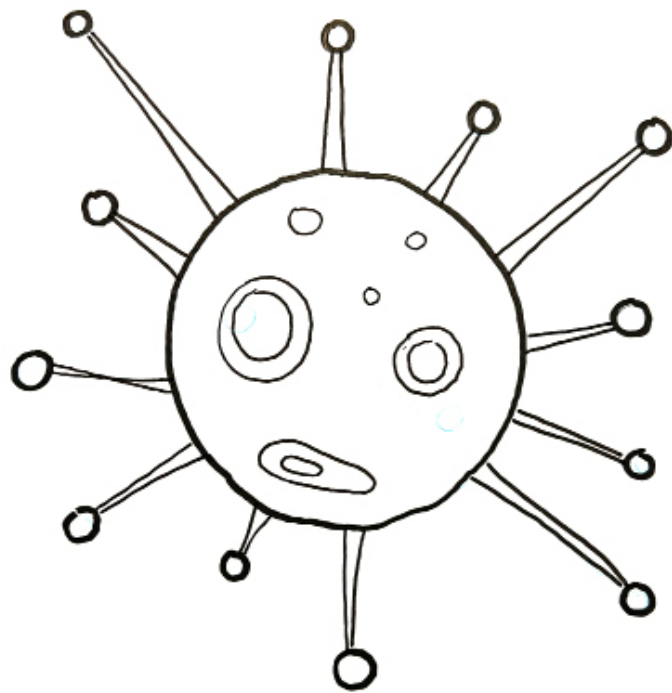
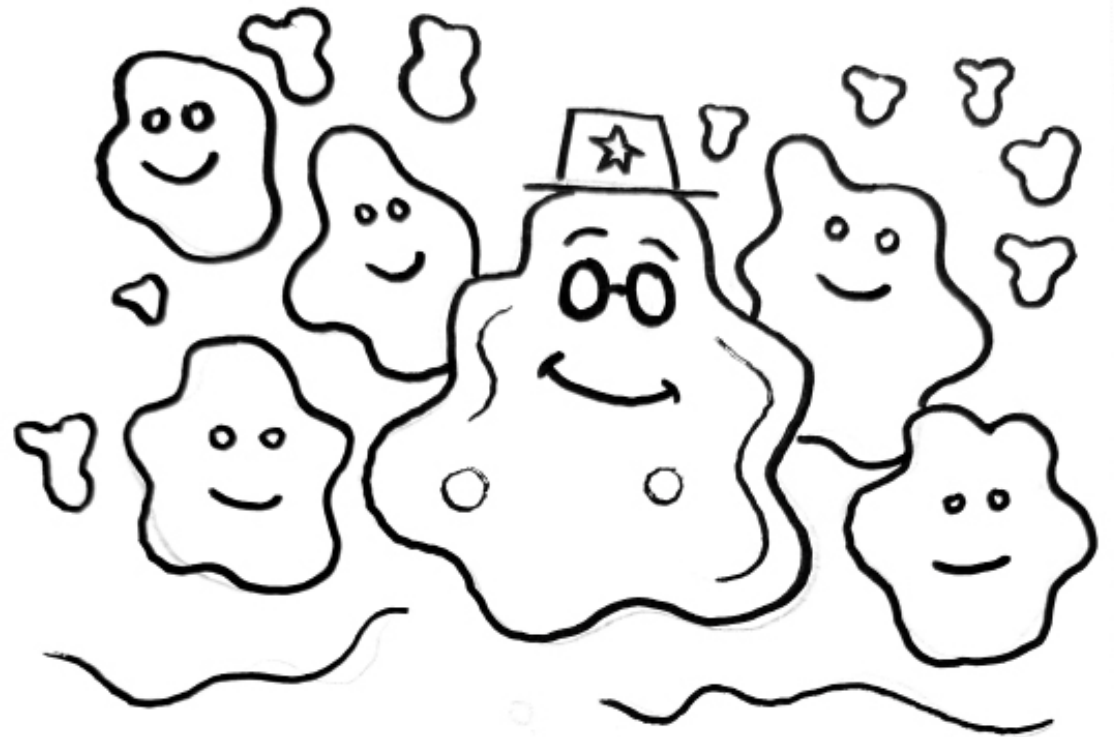
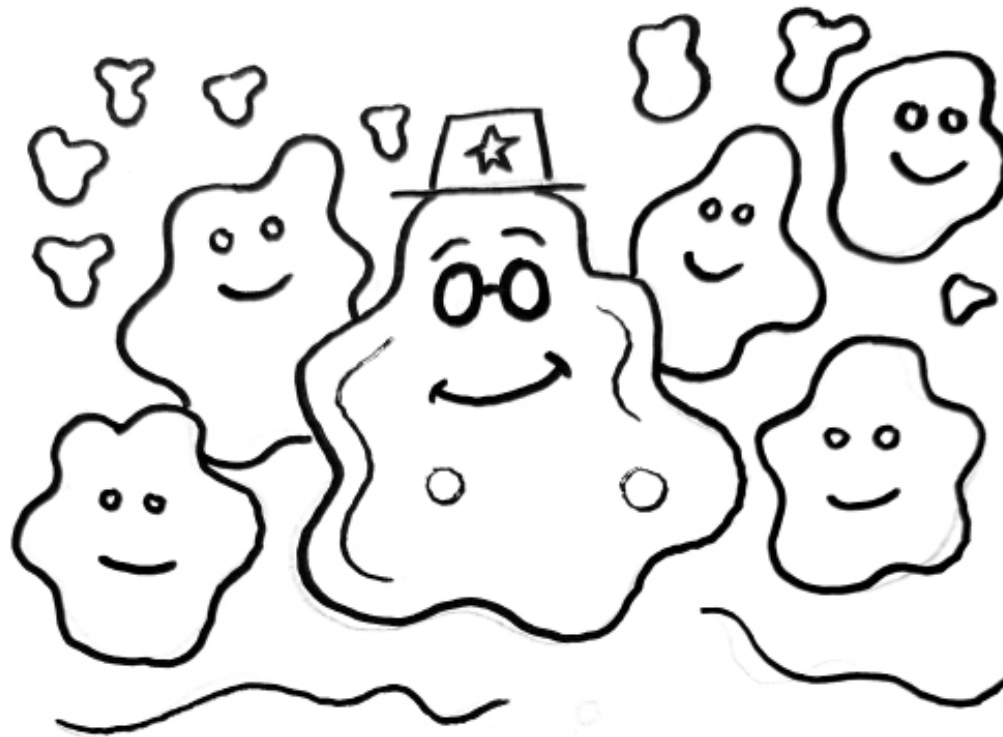
My dad went to the pharmacy to get my medicine, and he told the pharmacist what happened.

The pharmacist said, "I'm sorry to hear this. She probably got so sick because she skipped her shots this year. The reason we get shots every year is to prevent serious illnesses."

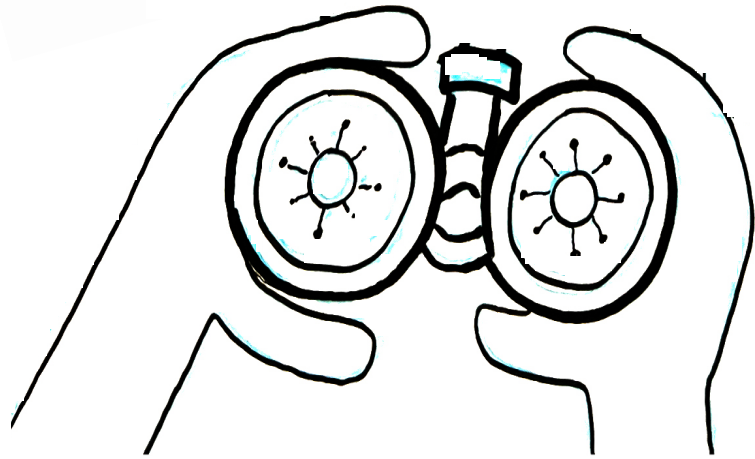
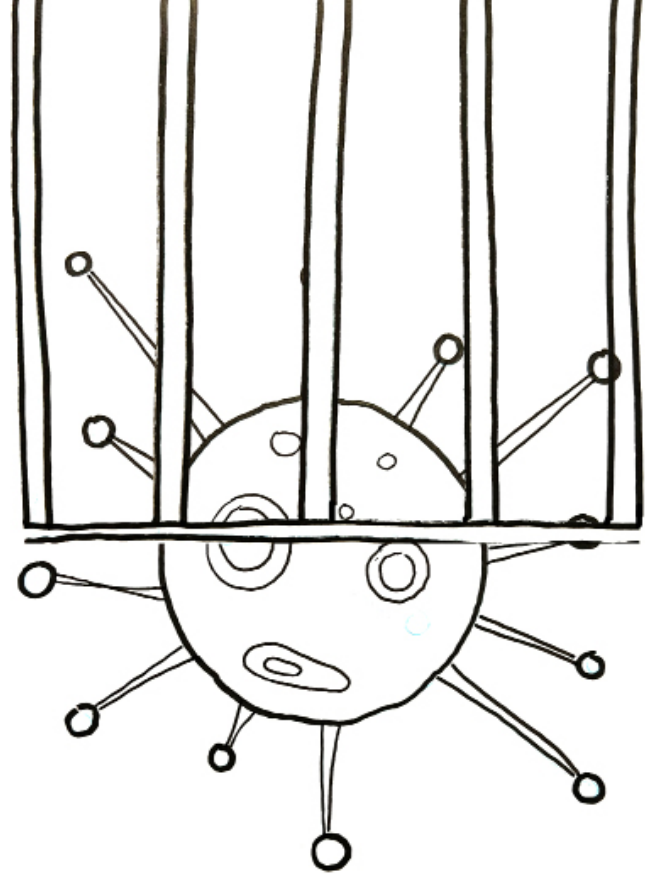
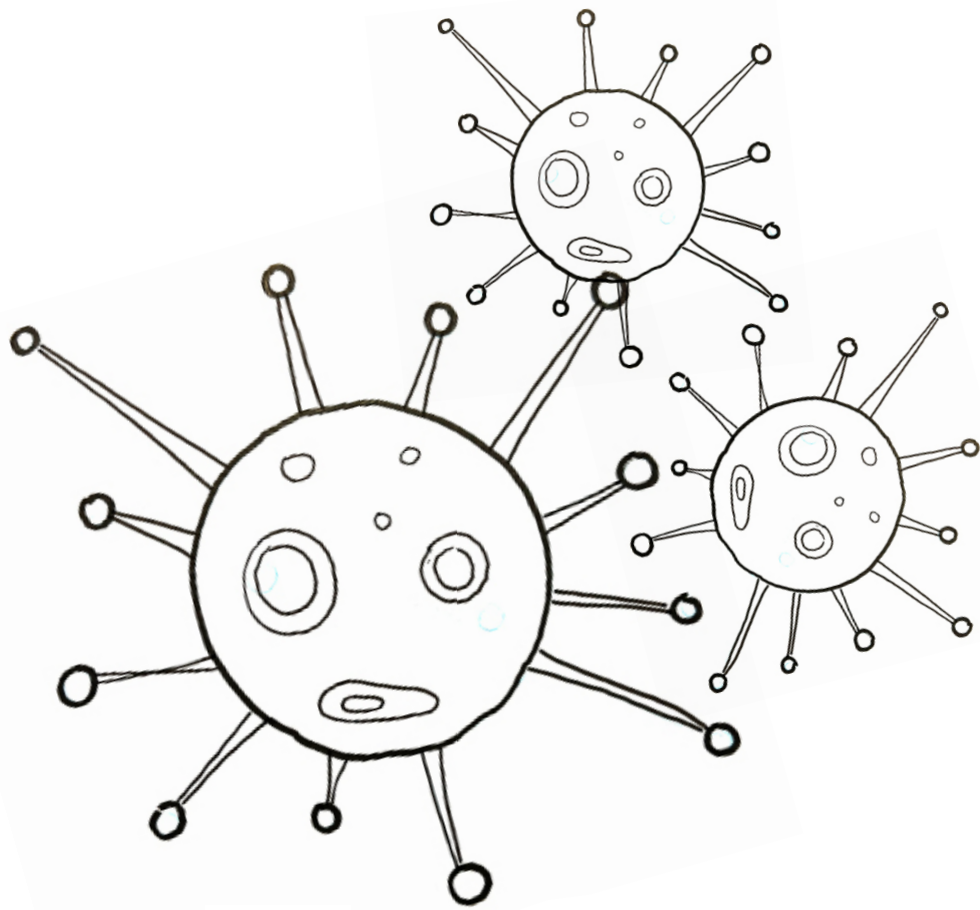
"I didn't realize how important the vaccines were," my dad said. "How do they work anyway?"

"A vaccine is like an instruction manual that teaches your body how to fight off infections," she said.

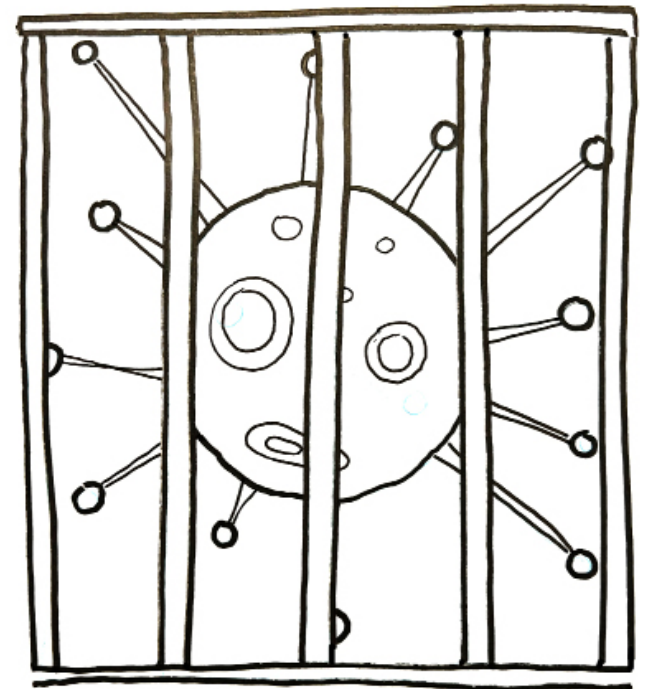


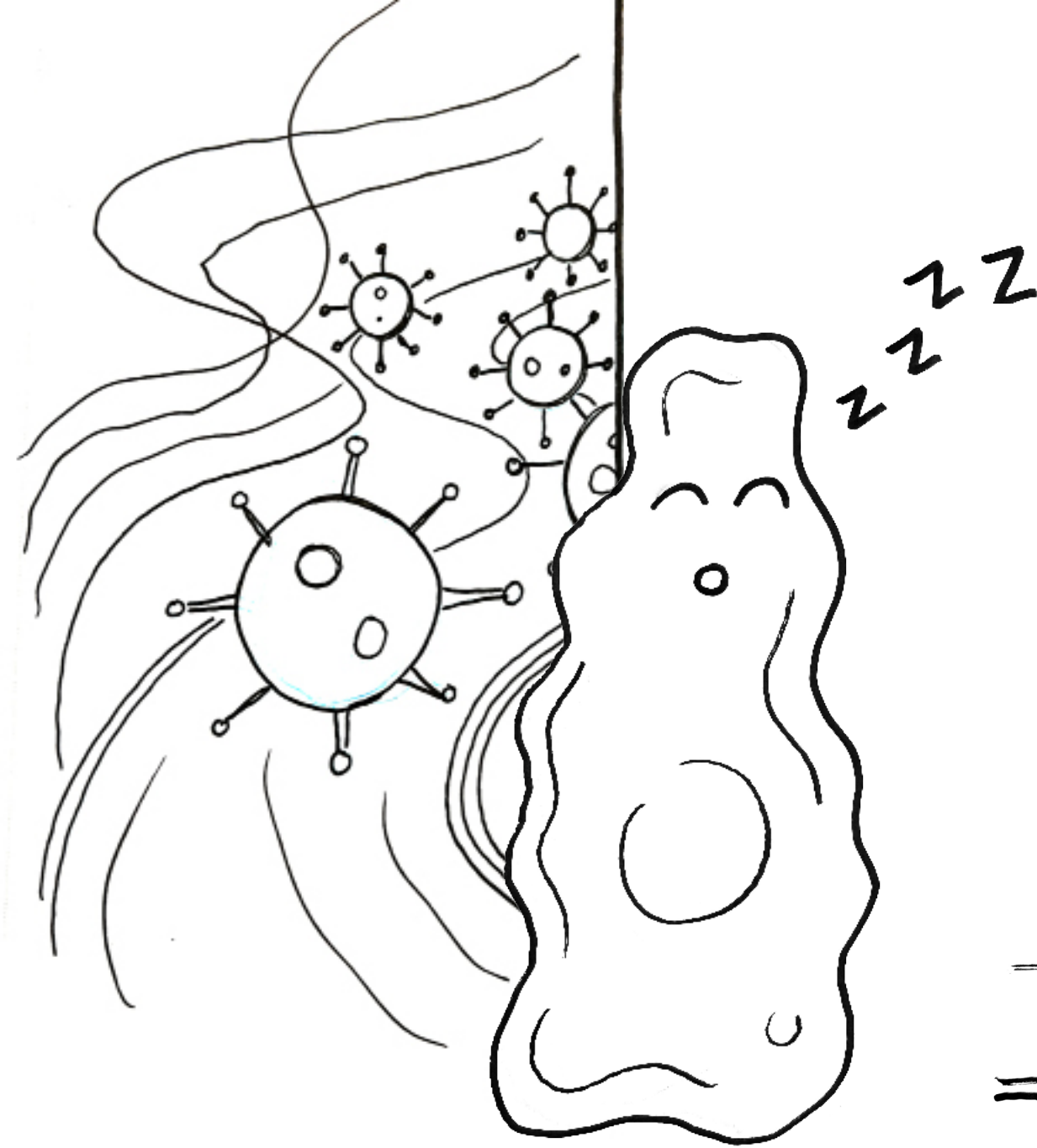


"Your body has an immune system, which is like a team of security guards to keep out germs that make you sick."



"When you get a vaccine, the guards learn how to fight each germ so you can stay healthy."





"Without the vaccine, the germs can get past the guards and make you very sick."

And that's exactly what happened to me. Thankfully, I got better, and I get to play with my bestie tomorrow.



I still don't like shots, but
getting sick is even worse.

So the next time my pharmacist or
doctor recommends them,
my dad will make sure I get them.





About the author

Danielle Colayco is a pharmacist, health economist, and nonprofit executive who believes that everyone deserves the chance to live a full and healthy life.

Dr. Colayco is the daughter of Filipino immigrants who inspired her to use her education to help her community.

In her spare time, she enjoys writing novels and crocheting stuffed animals for her family and friends.



About the illustrator

Matthew Manos is an artist, educator, and creative strategist whose work lives at the intersection of design, storytelling, and futures thinking. He's the founder of verynice, a design practice that gives over half its work away for free, and serves as Associate Dean at USC Iovine and Young Academy. Matthew creates tools, books, and experiences that help people imagine bold ideas and make them real.

He also makes comics, paints, and thinks a lot about aliens, cities, and time travel. Whether in the classroom or the studio, he's always looking for new ways to rethink what's possible.

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