Welcome to the ICU!

Coloring and Activity Book

Drawing by Jadin
Sometimes when people are very sick, they need special care in a place called the Intensive Care Unit (ICU). Color the picture below and add things you see in the ICU.

Drawing by Jadin
One of the most important things you can do is clean your hands before and after you visit your loved one’s room. Cleaning your hands help stop germs. It can be done in 2 ways:

1. You can wash your hands with soap and water.

2. You can use hand gel.

Models: Kai and Hina
Sometimes people need to wear special clothes when they visit their loved one’s room. These clothes help protect their loved one’s health.

Be sure to ask a grownup if you need to put on special clothes before you enter your loved one’s room.

Unscramble these letters to find out what you might need to wear:

1. L E V O G

2. W G N O

3. A K M S

For answers, turn to page 7.
You may see and hear lots of special machines in your loved one’s room. These machines are used to help people heal. Let’s learn what some of these machines do.

**Monitor**

A monitor shows how your loved one’s body is working. It shows how fast the heart is pumping and how much oxygen is in the blood.

**Ventilator**

A ventilator helps people breathe. It pumps air into the lungs using tubes that go through the mouth or the neck. The lines on the screen tell the nurse how your loved one is breathing.

**IV Stand**

An IV stand holds bags of medicine and nutrients. These go through tubes and into a person’s vein to help them heal. Sometimes you will hear loud beeps coming from the machine. These beeps tell the nurse that something needs to be done.

Circle the machines you see in your loved one’s room!
Draw or write about the things you like to do with your loved one.
The people who work at the hospital may all wear different clothes. They might wear a uniform, a white coat, or regular clothes – but, they all will be wearing a special name badge. This badge tells who they are and what their job is.

Make your own name badge:

Draw your face here:

UW MEDICINE

UNIVERSITY OF WASHINGTON MEDICAL CENTER

Your name:

Your job:

Answers for word scramble on page 4: 1. glove; 2. gown; 3. mask
During your visit to the hospital, you may meet some of your loved one’s care team. When you do, tell them your name, ask them what they do, and collect their autographs here:

___________________________    ___________________________
___________________________    ___________________________
___________________________    ___________________________
___________________________    ___________________________
___________________________    ___________________________

Try to find people who do the jobs listed below, and check them off when you do:

- Nurse
- Social worker
- Doctor
- Physical therapist
- Patient care technician
- Patient services specialist
- Environmental technician
- Phlebotomist
- Respiratory therapist
- Occupational therapist
- Spiritual care provider
- Dietary technician
Things You Can Do During Your Visit

- Decorate your loved one’s room with photos or art
- Draw a picture
- Read to your loved one
- Play quiet music or sing a song
- Talk about favorite memories
- Write a note
- Create a “Get to Know Me” poster
- Make a card for your loved one
Word Search

Find these words in the puzzle above and cross them out when you find them!

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BED       DOCTOR       FAMILY       PATIENT       GOWN
HEART       SOAP       LUNG       MASK       NURSE
GEL       LOVE
Connect the Dots

Have you seen someone use this? It is used to hear a person’s heart.

If you know what it is, fill in the missing letters in the word below:

S  ___  E  ___  H  O  ___  C  ___  ___  E
Human Body Coloring Page

**Brain:** Organ that controls the body

**Trachea:** Tube that carries air to the lungs

**Lungs:** Organs that bring air into the body

**Heart:** Organ that pumps blood through the body

**Liver:** Organ that helps digest fats and helps clean the body

**Stomach:** Organ that breaks down food

**Kidneys:** Organs that clean the blood and make urine (pee)

**Pancreas:** Organ that helps with digestion and blood sugar balance

**Small intestine:** Organ that absorbs nutrients from food

**Large intestine:** Organ that helps with digestion and makes bowel movements (poop)

**Bladder:** Organ that holds pee until it leaves the body