Not Feeling Well

Feeling sick happens to everyone. Sometimes I feel sick.



I may feel sick when something is not right with my body.



My stomach might ache, or I might feel nauseous.



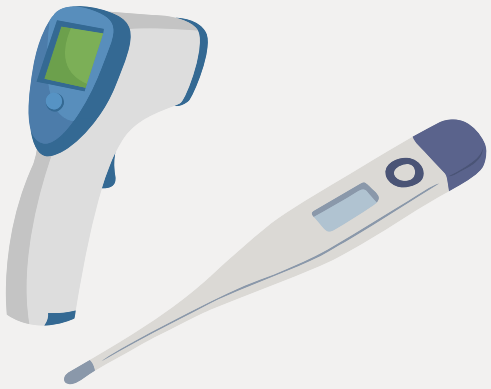
I might have a sore throat, or I might cough or sneeze.



I might have a headache, body chills, "shivers," or my body might feel very hot.



I can use a thermometer if I feel any of these things to see if I have a fever. I have a fever if the number on the thermometer is 100.4 degrees or higher.



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If I am too sick to do the things I usually do, I should tell someone.



I can tell an adult, a friend, or a medical professional, like a doctor.



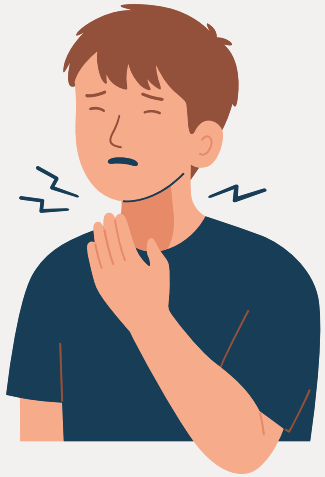
I can tell them how my body is feeling, so they know how to help me.



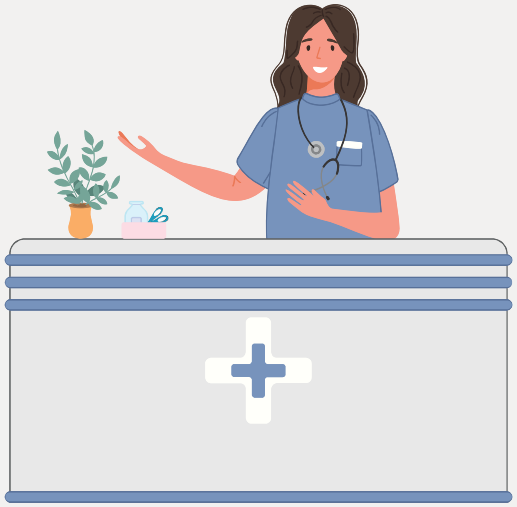
If I can't talk about how I'm feeling, I can type on my phone or computer, or I can use pictures.



I can also point to parts of my body that hurt or feel uncomfortable.



Sometimes when I'm feeling sick, I might have to go to the doctor.



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The doctor will ask me questions and look at parts of my body to help me.



I may have to repeat things so the doctor can understand what I'm feeling.



It is okay to repeat myself or ask my doctor questions if I don't understand.



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