

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.



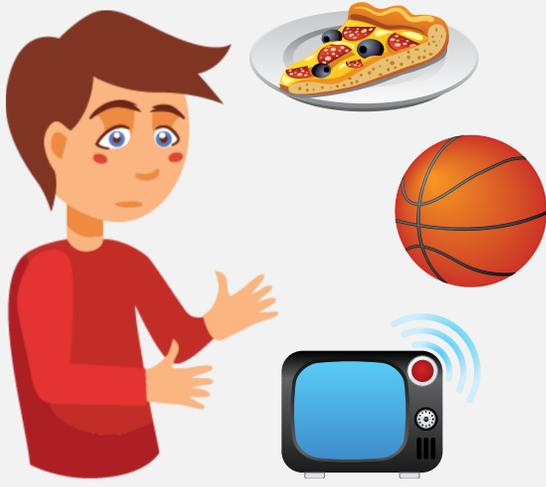
I might have a headache, body
chills or "shivers," or my body
might feel very hot.



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.



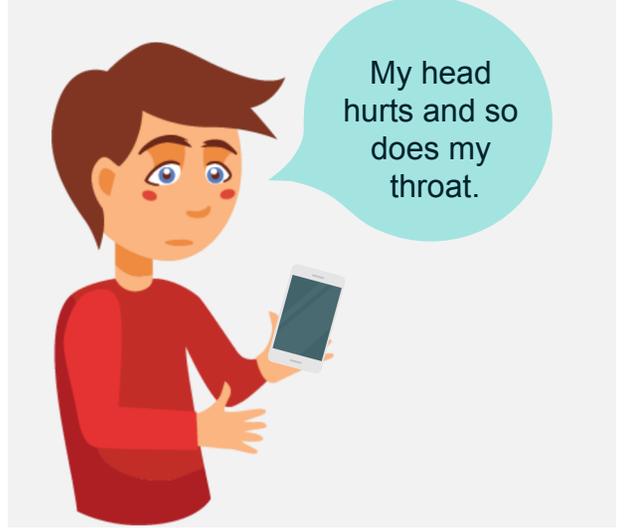
If I am too sick to do the things I usually do, I should tell someone.



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.



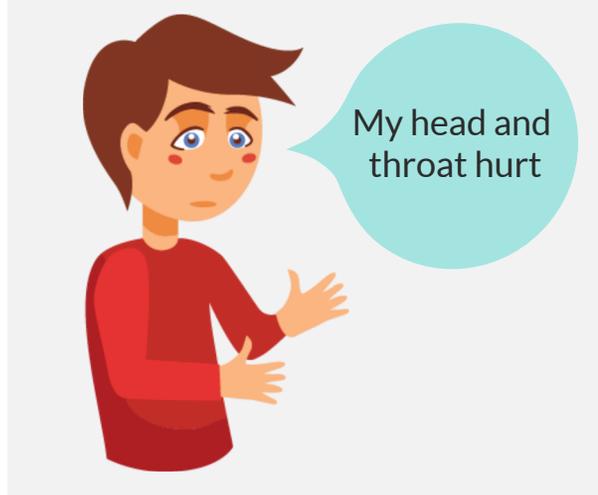
Sometimes when I'm feeling sick, I might have to go to the doctor.



The doctor will ask me questions and touch 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.



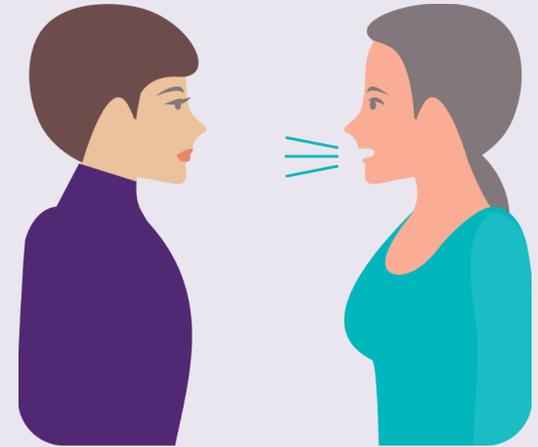
Right now, some people are getting sick with a virus, called COVID-19, or coronavirus.



Some people only feel a **little sick**. They might have a sore throat, muscle pain, diarrhea, or a stomach ache.



If I feel like this, I should tell a parent, friend or doctor.



Some people who get this virus feel **very sick**. They have a fever, or a cough, and they can have a very hard time breathing.



If I feel very sick like this, I need to tell a parent, or doctor right away.



I should stay in my home until my doctor tells me it's okay so I do not give other people this sickness.

