

Under the Weather

Children and adults sometimes get sick. How can you make the situation easier for everyone? The important information and tips below are a great place to start!

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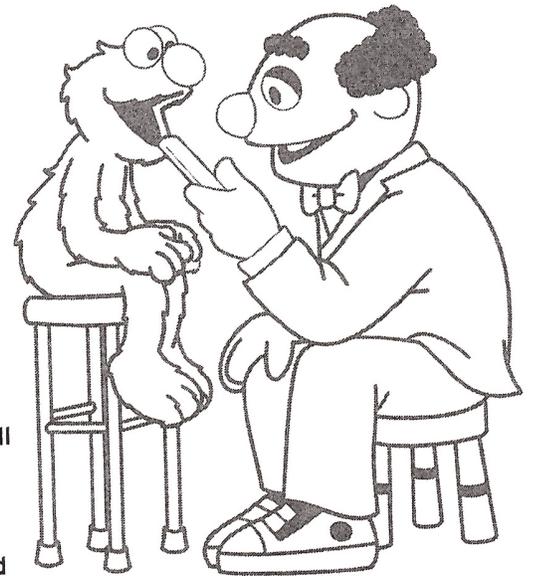
Stay Home When You Are Sick

Encourage children to tell a grown-up when they feel sick. If you or your young child is sick, stay home so that you do not spread germs that can make others sick.

If You Need To See A Doctor

If your child isn't feeling well, reaching out to your doctor can get you the expert advice you need to help him or her feel better.

1. When you call the doctor:
 - Be ready to explain specific symptoms or concerns.
 - Inform the doctor or nurse of your child's medical history.
 - Stay calm.
2. If the doctor wants to see your child, be prepared:
 - Before you go, make note of information you want to share with the doctor and/or nurse, along with questions you'd like to ask.
 - Explain to your child where you're going and why.
 - Bring a comfort item, such as a favorite toy or plush, that will help distract your child or which he or she can hold.
 - Keep asking questions to the doctor and/or nurse until you fully understand their explanations and instructions.
 - If the doctor prescribes medicine, make sure you understand exactly how to give it to your child.
 - Know what should bring you back to the doctor's office if symptoms worsen or for follow-up.
3. When you get home:
 - Talk to your child about the medicine and what she needs to do to feel better.
 - Keep the home environment as calm as possible.
 - Share the information with your child-care provider or other adults caring for your child.
 - Give big doses of tender loving care.



Doctors examine you to find out what's wrong so they can help you get better.

Keep Talking

There are a lot of warnings out there. Young children especially may have concerns, but may not necessarily express their fear or anxiety. Limit their exposure to media that may be speaking about illness, or other concerns, in ways that are not age appropriate. Do encourage family discussion to answer questions children may have – while also assuring them that the special grown-ups in their lives are there to help keep them safe and healthy.



It's important to take medicine just as the doctor says.