

Dealing with Illness

CARING FOR YOURSELF WHEN SICK

An illness is when a person is sick. People should use common sense to help themselves get well and to protect others. Read through the seven “Possible Actions” below. Then choose the one or two best actions for each of the sick people.



POSSIBLE ACTIONS

1. Stay home, rest, and get better. Pushing it can make an illness last longer.
2. Stay home so others will not be infected.
3. Eat a healthy meal to regain energy.
4. Take some medicine and go about the day as usual.
5. See a doctor.
6. Go about business as usual, but don't touch anyone so others aren't infected.
7. Go about the day as usual, but stay home at night and go to bed early.

SICK PERSON #1

Joshua had a temperature of 103° when he went to bed last night. His temperature this morning is 102°. _____

SICK PERSON #4

Dehlia's temperature has been over 101° for almost a week. She is taking medicine but isn't getting any better. _____

SICK PERSON #2

Tabitha did not eat dinner last night. Upon waking this morning, she does not have much energy. _____

SICK PERSON #5

Eddie is planning to work all day and play basketball tonight. However, he is coming down with a cold and feels stiff and sore all over. _____

SICK PERSON #3

Ben wakes up with a rash over his entire body. His skin itches and he has no idea what is causing the rash. _____

SICK PERSON #6

Jenny is in another state on business. She is to fly home today. She wakes up feeling dizzy and sick to her stomach. _____