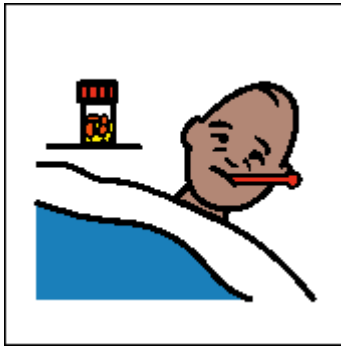


When I Don't Feel Good



When my head hurts, I have a headache.
I will tell my mom or my teacher, “I have a
headache.”

When my throat hurts, I have a sore throat.
Sometimes it hurts to swallow. I will tell
my mom or my teacher, “I have a sore
throat.”

When my stomach hurts, I have a stomachache. Sometimes when I have a stomachache, I feel like I could throw up I tell my mom or teacher, “I have a stomachache.”

Sometimes I have a runny nose. It feels like my nose won't stop dripping. I will tell my mom or teacher, “ I have a runny nose.”

Sometimes I have a cough. It is loud and sometimes hurts my chest. When this happens, I will tell my mom or teacher that I have a cough.

Sometimes a part of my body just hurts. If I have pain in any part of my body, I will tell my mom or my teacher that my body part hurts.

Sometimes when I don't feel good, my mom takes me to the doctor.

Sometimes I have to take medicine. I should take my medicine that my parents give me because it will make me feel better.

I should NEVER take medicine by myself. I should NEVER take someone else's medicine.

When I tell my mom or my teacher when I don't feel good, they will help me. I should always tell an adult if something feels bad. This will help me stay healthy and safe!