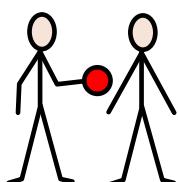
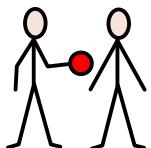


Your Health

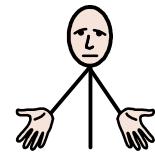
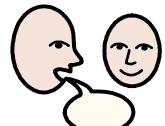
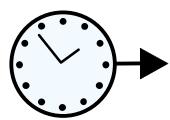


Your

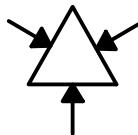
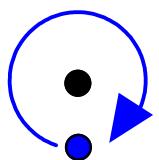
Health



Welcome to the Your Health book. This book



will tell you the things you need to



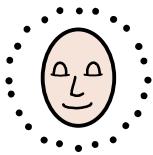
know about your health and how you can



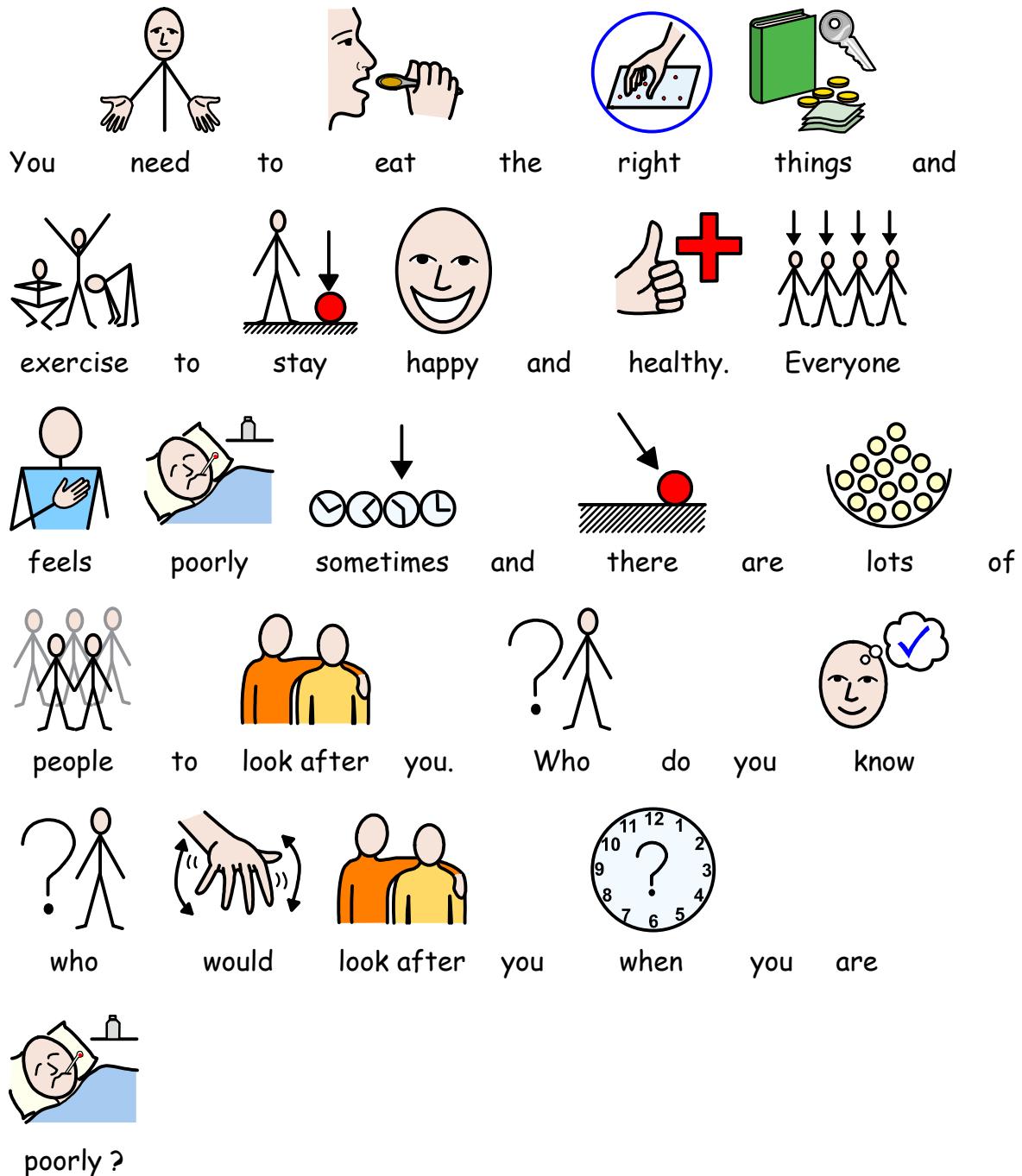
get help if you are ill. If you have

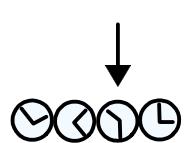


any questions just ask your Social Worker or

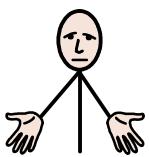
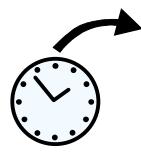


someone you trust.

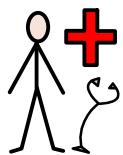
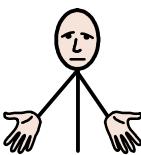
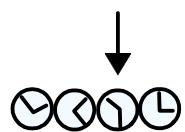




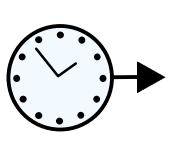
Sometimes when you are ill you might



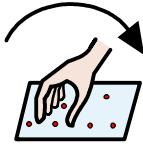
just need some medicine from the chemist, or



sometimes you may need to visit your doctor



then



try



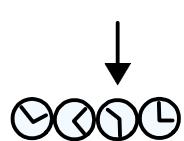
to make you



who

will

better.



Sometimes



people



have to



go to



hospital.

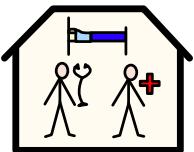
If you



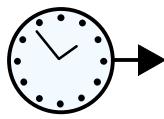
have to



go to



hospital



they



will

help



you to

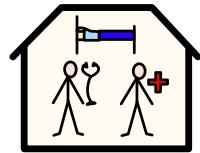


get



better.

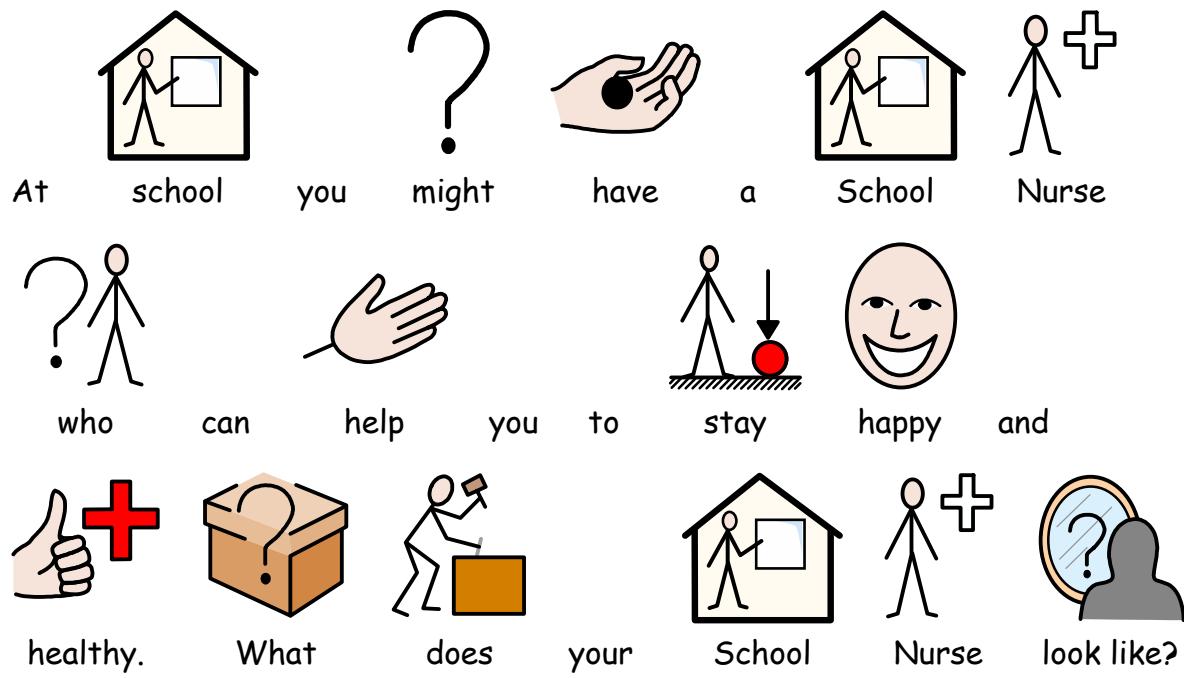
What do you think your

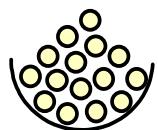


hospital

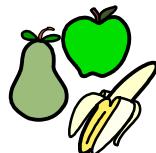


looks like?

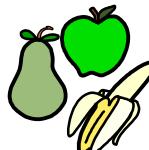




There are lots of things you can do to



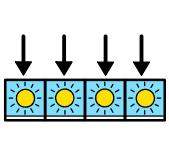
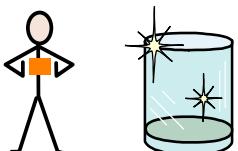
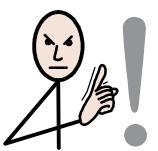
stay healthy, like eating lots of fruit and



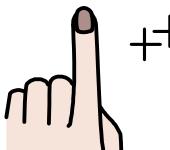
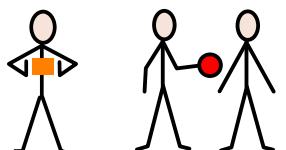
vegetables. What fruit do you like to



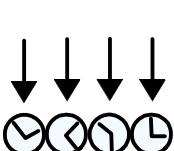
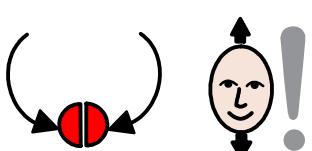
eat?



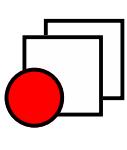
It is important to keep clean. Wash everyday



and keep your hair and nails clean.



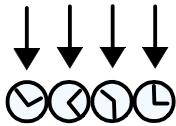
Make sure you wash your hands every time you



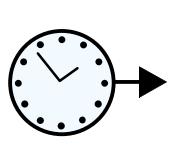
use the toilet and before you have a meal.



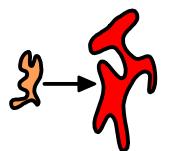
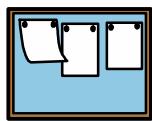
Growing Up:



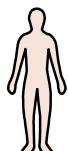
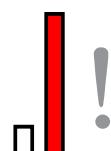
You're not always going to be a child



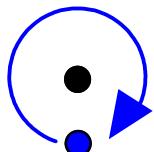
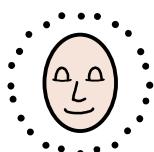
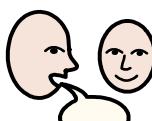
and one day you will grow up. You may



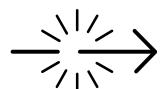
notice some changes like you are becoming



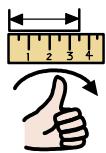
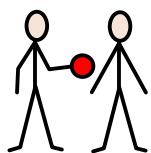
taller. As your body and things change you can



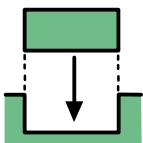
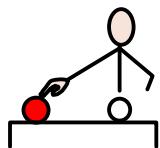
talk to someone you trust about what is



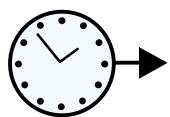
happening.



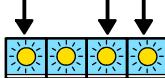
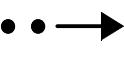
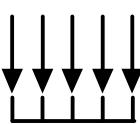
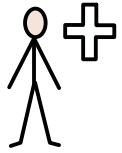
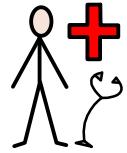
Your Health Assessment:



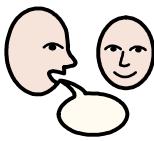
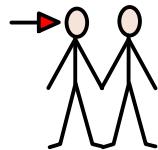
So that you know you are fit and



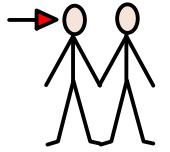
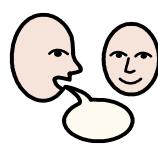
healthy, you will go and see a



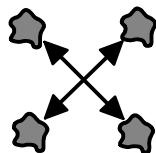
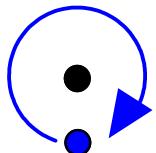
doctor or nurse every so often.



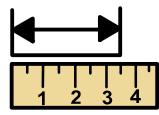
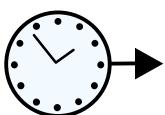
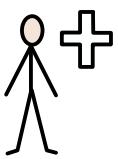
They will talk to you, and you can



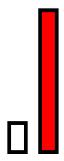
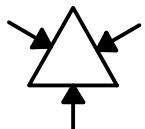
tell them how you are feeling and if



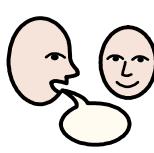
you are sad about anything.



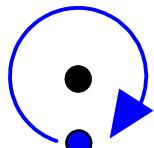
The Doctor or Nurse will also measure you



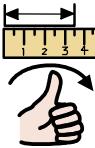
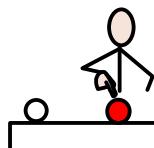
to see how tall you are and also



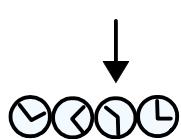
weigh you, and they may talk to you



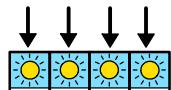
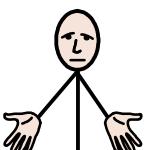
about what you eat.



This is called a "Health Assessment."



Sometimes you may need help with daily



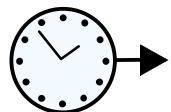
living.



At home



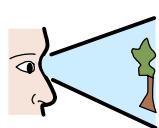
an Occupational Therapist



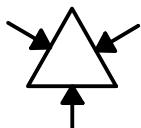
will



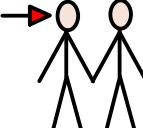
visit you and the people you live with to



see



how

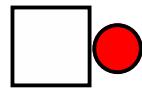


they

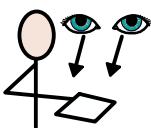
can



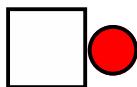
help you.



They may help you by making changes



to your house, showing you another way to do



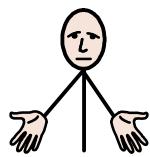
something or by trying special equipment.



Things



I

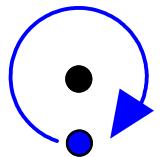


need

to



know



about



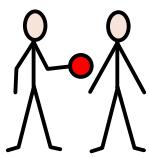
my



health:

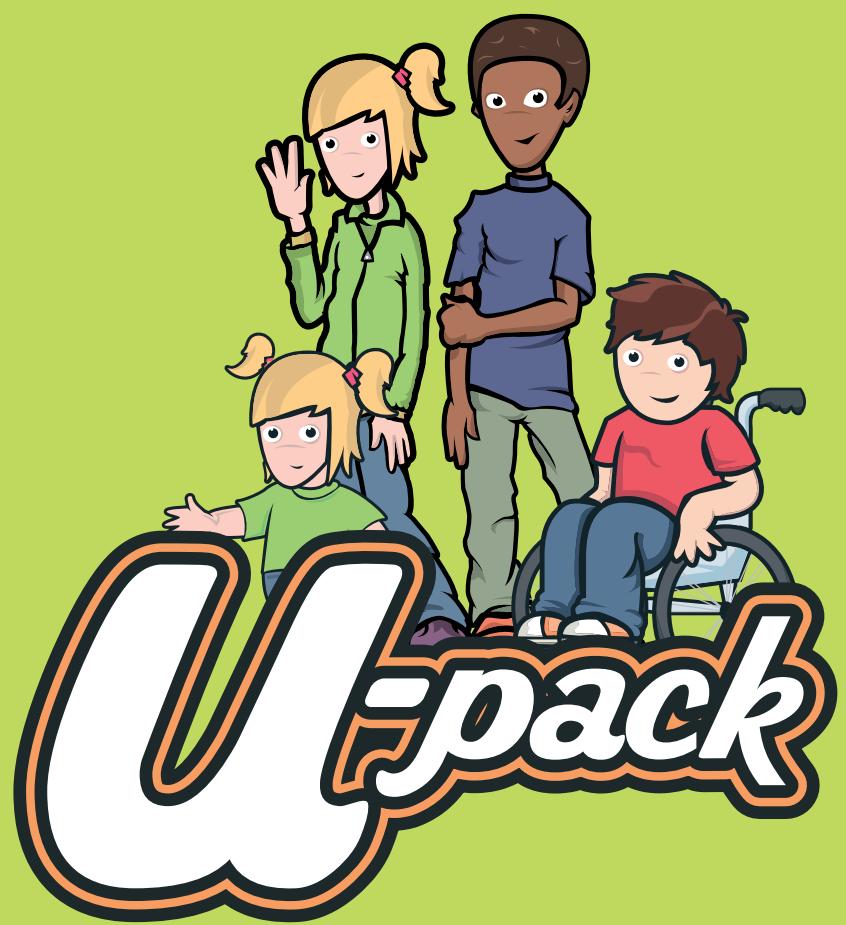


Do you have any questions you can ask



your social worker?

A large, empty rectangular box with a thin black border, intended for the reader to write a response.



W-Fpack