

# **Signs of Sickness**

Topic 6

# What Are Signs and Symptoms?

Signs and symptoms are signals from your body telling you that are not well or sick.

Some signs are easy to see:

- Bleeding
- Throwing up
- Changes in pooping and peeing

Symptoms are harder to see but can be felt. Such as:

- A toothache
- Stomach pains
- Feelings, such as being really sad or confused
- Bad dreams



# Understanding Levels of Urgency

**How to know the urgency of signs and symptoms and whether or not they are an emergency:**

The following slides will use this simple guide.



For a non-emergency, see your doctor this week.



For an urgent issue, see your doctor today.



For an emergency, you will need an ambulance. This means they need an ambulance now! To get an ambulance, call 9-1-1!

# What if you have...

A red, itchy rash?

Should you...



See your doctor this week!



See your doctor this week?



See your doctor today?

911

Call 9-1-1 or another emergency service?



# What if you have...

A toothache?  
Should you...

!!

See your dentist today!



!

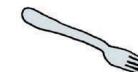
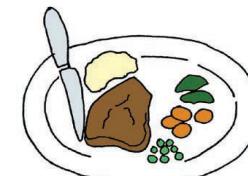
See your doctor this week?

!!

See your doctor today?

911

Call 9-1-1 or another emergency service?



# What if you have...

Problems hearing?  
Should you...



See your doctor this week!



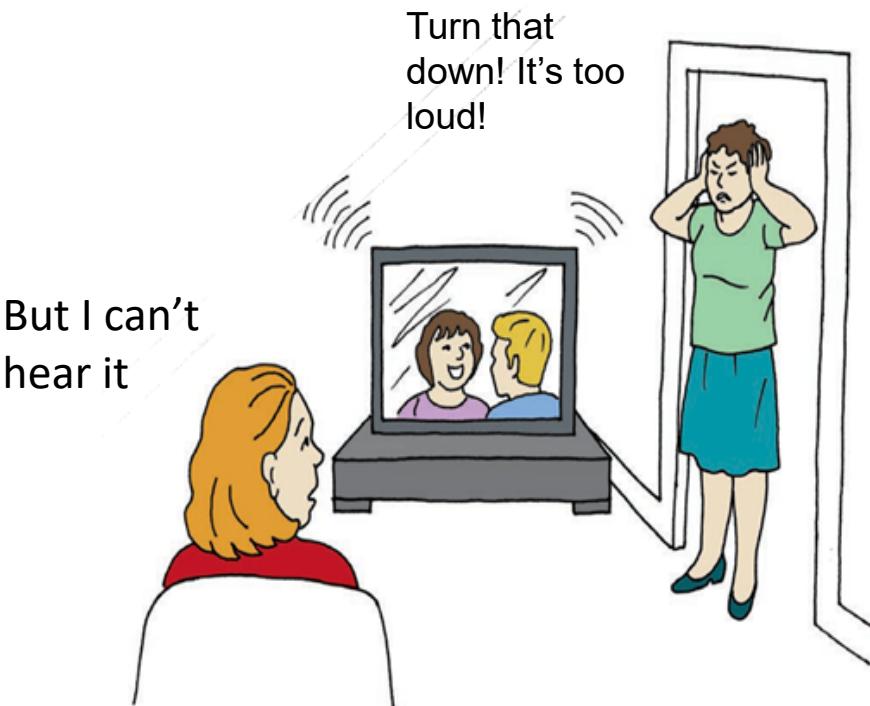
See your doctor this week?



See your doctor today?



Call 9-1-1 or another emergency service?



# What if you have...

A bad reaction to your new medication?  
Should you...



See your doctor this week?



See your doctor today?



Call 9-1-1 or another emergency service?



Call 9-1-1 or another emergency service!

My friend took some new pills and is now really sick!



# What if you have...

Stomach pain and vomiting?  
Should you...



See your doctor today!



See your doctor this week?



See your doctor today?



Call 9-1-1 or another emergency service?



# What if you are...

Feeling overwhelmed a lot lately?

Should you...



See your doctor this week?



See your doctor today?



Call 9-1-1 or another emergency service?



See your doctor this week!

He's not doing his work the way he usually does.



I feel so overwhelmed. I can't focus.

# What if you have...

Trouble swallowing?

Should you...



See your doctor this week?



See your doctor today?



Call 9-1-1 or another emergency service?



See your doctor today!



# What if you are...

Feeling very tired and thirsty, peeing more than usual, and feeling numbness and tingling in your hands and feet?  
Should you...



See your doctor this week?



See your doctor today?



Call 9-1-1 or another emergency service?



Call 9-1-1 or another emergency service!

# What Did I Learn?

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**I can take charge of my health care when I:**

- Know how to recognize signs and symptoms of sickness.
- Know how to identify the urgency of signs or symptoms of sickness.
- Know what to do in case of an emergency.

Created in partnership with:

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