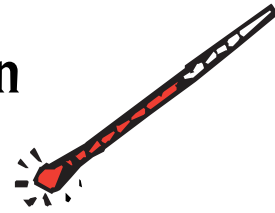


# Things That Can Happen When You're Sick



Name: \_\_\_\_\_

**1.** Use the chart on page 49 of *WOW! Ruby Explores the World of Wellness* to fill in the blanks below.

**a.** You: I have a runny nose. I am sneezing and coughing, too.

Trusted adult: You might have a \_\_\_\_\_.  
You might need rest and fluids.

**b.** You: I have pain in my ear.

Trusted adult: You might have an ear infection.  
You might need rest, fluids, and \_\_\_\_\_.

**c.** You: I have an \_\_\_\_\_.

Trusted adult: You might have lice. You might need medicine.

**d.** You: My eye is pink and scratchy.

Trusted adult: You might have \_\_\_\_\_.  
You might need medicine.

**e.** You: I have a scratchy \_\_\_\_\_ and a cough.

Trusted adult: You might have a sore throat. You might need rest, fluids, and medicine.

**f.** You: My head hurts, and I am so hot!

Trusted adult: So you have a headache and maybe a fever. You might have the \_\_\_\_\_.  
You might need rest, fluids, and medicine.

## Things That Can Happen When You're Sick *(continued)*

- Practice these talks with a trusted adult outside of school.

Dear Parent or Guardian:

Your child is practicing telling a trusted adult when he or she has the symptoms of common childhood illnesses. Please sign and return this sheet by \_\_\_\_\_ (date), indicating you and your child have practiced this important health skill. Thank you!

Parent/Guardian \_\_\_\_\_

Date \_\_\_\_\_