

Caring for Self When Sick

Directions: Circle each statement that is an example of taking good care of yourself when you are sick.

1. I am going to take an extra dose of pain medication so I will have the strength to exercise.

2. I have a sore throat, so I am going to stay home tonight instead of going to the game with my friends.

3. I am really dizzy and I have a fever, but I am going to go to school this morning because I have a test.

4. I have an upset stomach, so I am going to have chicken soup for dinner instead of having pizza with the family.

5. I'm not feeling well, but I have been looking forward to this party for a week. So, I'll go to bed early tomorrow night.

6. The doctor said that I should take my medication with food, but I am on a diet, so I'm going to skip the food.

7. I have walking pneumonia, but I don't want to let the team down, so I'm going to run in the track meet today.

8. I think I have mono, but I am not going to the doctor until next week since I don't want to have to stay home this week.

9. I have a nasty cold, so I'm going to rest on the couch and watch TV. I'll wait to go shopping when I feel better.

10. I have odd bleeding, so I am going to make a doctor's appointment today.

11. The doctor said to drink a lot of water. But, I don't like water, so I'm going to drink a lot of soda instead.

12. I have an infection on my arm, so I am going to keep it clean, put disinfectant on it, and call the doctor if it worsens.

13. I'm not feeling well, but some friends are coming over to play computer games, so I'll be up late.

14. I have the flu, but I am tough, so I am not going to eat sissy food. I'm having steak and potatoes.

15. Since I am just getting over a two-week illness, I'm scheduling short naps into each day this week.

16. I have a cold, so I am going to drink a lot of water, eat some soup, and get some extra rest.

17. I have had a nosebleed for five hours. I think I'll go to the emergency room.

18. Since I sprained my ankle last night, I am not going to take part in the Walk for Health today.