

Some signs of sickness



In this info guide you can find information about

Signs and Symptoms

- Skin
- Bones
- Epilepsy
- Mental Health
- Medication
- Swallowing
- Stomach pain
- Diabetes and heart problems
- Hearing
- Eyes
- Teeth



This means important



This means an idea or tip

Signs and symptoms

There are signs that we are sick.

Another name for signs of sickness is symptoms.

Signs that we are sick

Some signs are easy to see

- Bleeding
- Vomiting
- Red spots on your skin
- Changes in poo and wee

Some signs are harder to see

- Toothache
- Tummy pains
- Feelings, like being really sad or confused

On the next page there are some stories about people who have signs of sickness. They have not told their doctor yet.

Below there is a guide to what the people should do.



This means they should see their doctor this week.



This means they should see their doctor today.



This means they need an ambulance now.
Call 000.

Skin - Asha's story

Asha's skin is very itchy.

She cannot stop scratching it.

She might scratch while she sleeps.

Her skin is red and sometimes bleeds.



Asha has a **skin problem**.

She should go to her doctor this week.

Bones - Rosa's story

This morning Rosa had a fall.

She can not move her arm.

It is hard for her to walk.

She can not drink her morning coffee.



Rosa might have a **broken bone** in her arm.

She might have **arthritis** in her knee.

She should go to her doctor today.

Epilepsy - Nick's story

Nick has fallen down.

His whole body is shaking. He cannot stop it.

He might be having a seizure. This is also called a fit.

Soon he stops shaking. He feels very sleepy.

He is confused.

He does not remember what happened.



Nick might have **epilepsy**.

Call the ambulance on 000.

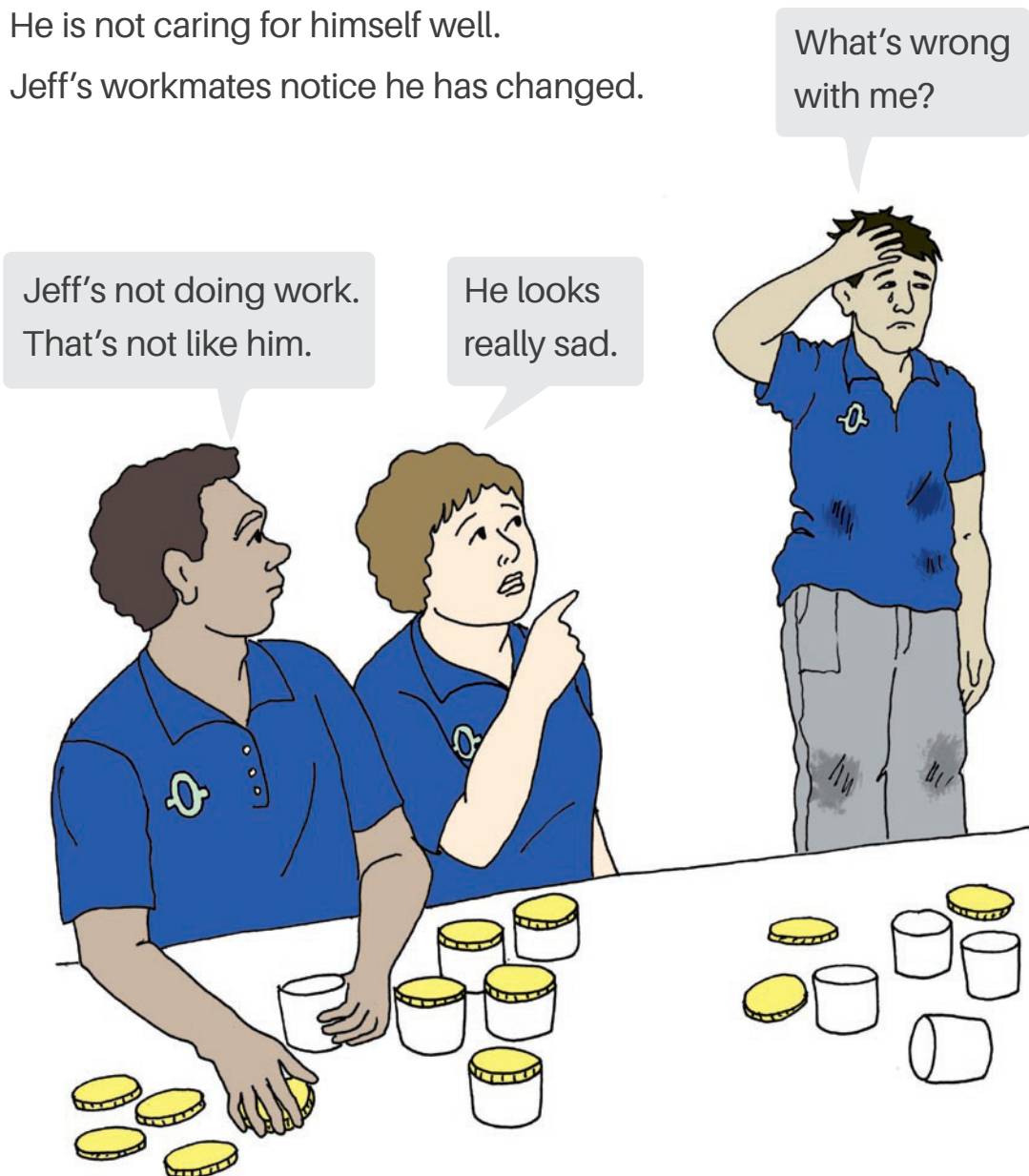
Mental Health - Jeff's story

Jeff has been feeling upset a lot lately.

It is hard for him to work.

He is not caring for himself well.

Jeff's workmates notice he has changed.



Jeff might need help with his **mental health**.

He should go to his doctor this week.

Medication - Ray's story

On Thursday Ray gets his new medicine.



On Friday his flatmate tries to wake him.
Ray vomits and is very sleepy.



Ray might be having **a reaction to medication**.
Call the ambulance on 000.

Swallowing - Oscar's story

Oscar is eating lunch. He starts to cough.

Food gets caught in his throat a lot.

Oscar also gets lots of chest infections.

These things happen more as he gets older.



Oscar might have **swallowing problems**.

He should go to his doctor today.

Stomach pain - Josef's story

Josef is feeling sick. He has pain in his tummy.
He feels like vomiting.



It hurts when Josef tries to poo. This happens a lot lately.
He gets pain in his tummy.



Josef is having problems with his stomach.
He should go to his doctor today.

Diabetes and heart problems

- Mario's story

Mario is out shopping today.

He is feeling sick.

He is sweaty.

His skin is pale.

All of a sudden he can not stand up.



Mario might have **diabetes**.

He might have **heart problems**.

Call the ambulance on 000.

Hearing - Katie's Story

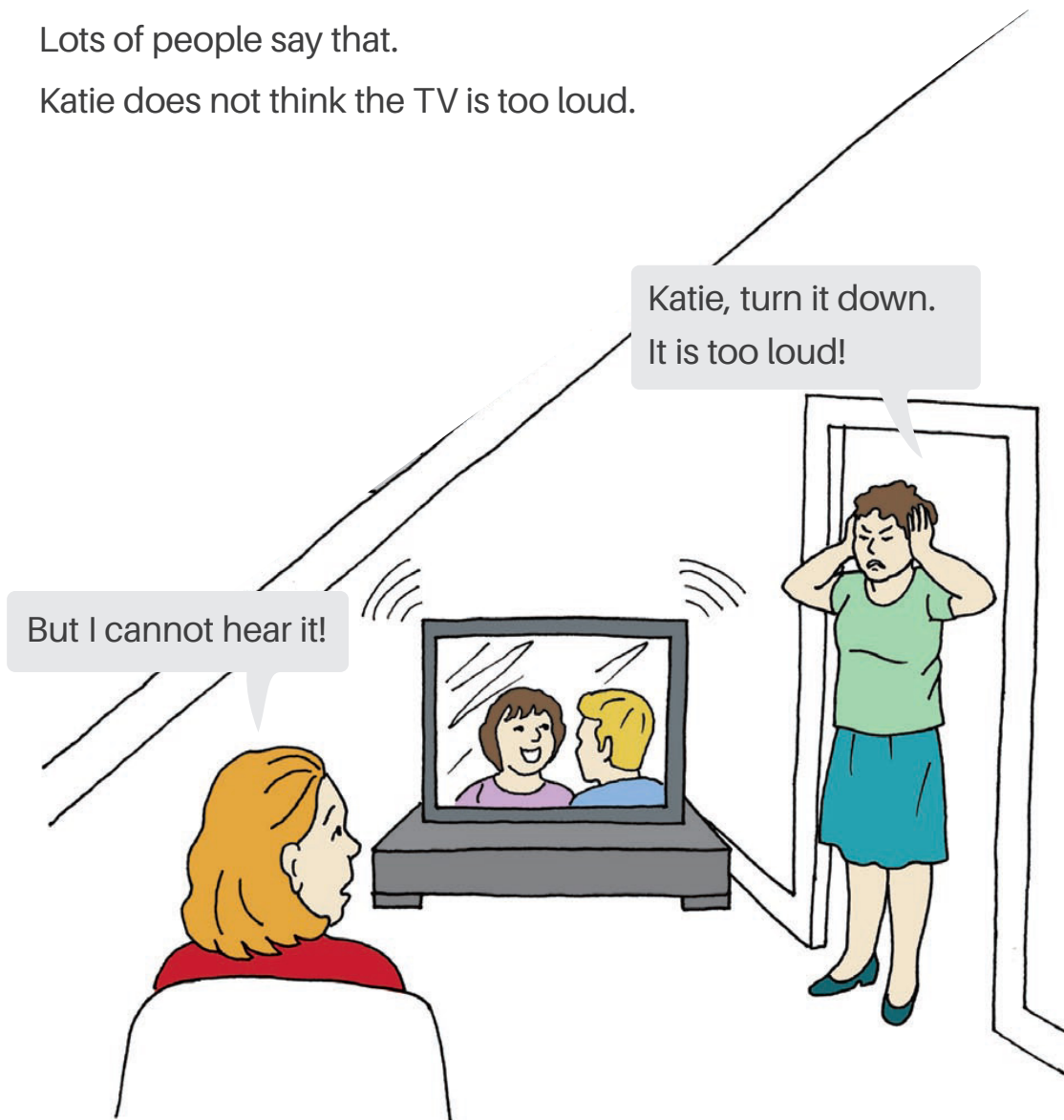
Katie is watching TV.

Her Mum is angry with her.

She says the TV is too loud.

Lots of people say that.

Katie does not think the TV is too loud.



Katie might have **problems with her hearing**.
She should go to her doctor this week.

Eyes - Harry's story

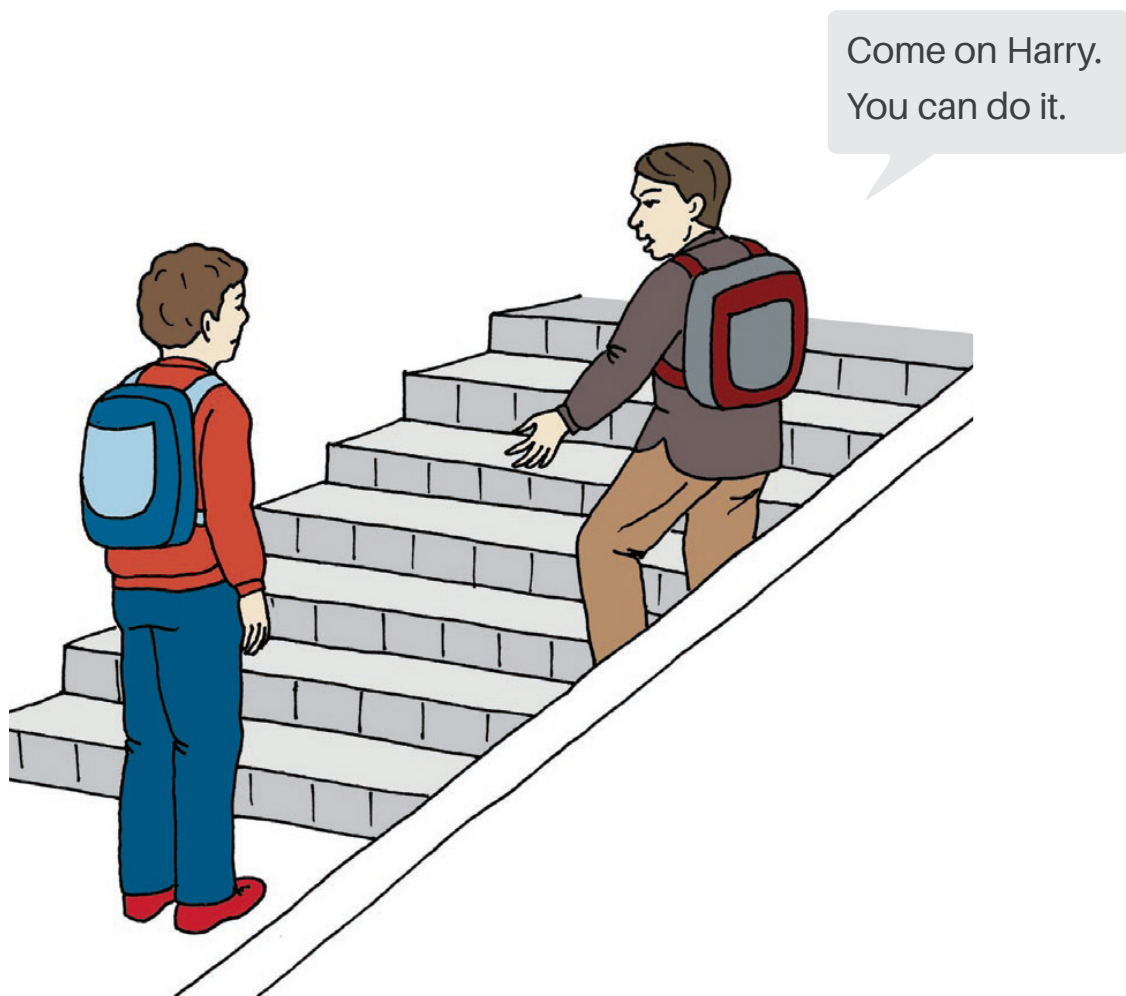
Harry used to like new places.

Now he gets worried about tripping on things.

He is not sure why he trips over so much.

He says things have started to look blurry.

Today he is worried about going up the steps.



Harry might have **problems with his eyes**.

He might not be seeing things very well.

He should go to his doctor this week.

Teeth - Franca's story

Franca is eating dinner.

She tries to chew some meat.

It hurts too much.

She can not finish her dinner.



Franca has a **toothache**.

She might have **dental or gum disease**.

This can cause other health problems too.

She should go to her doctor or dentist today.

Please note

This info guide is not the same as advice from a doctor.

This info guide does not know about:

- Your needs
- Your health problems
- Or what is right for you.

Do not just rely on this info guide.

You should always talk to your doctor about your health.



Healthdirect

This is a phone service. Nurses can give you health info.

You can ask lots of questions. If you are not sure about your health, and you can not get to your doctor, try calling

Healthdirect 1800 022 222.



My Health Matters

My Health Matters helps you explain to doctors and other health people what is important to you.

If you would like a copy of the My Health Matters folder call us on **1800 424 065** or email mhm@cid.org.au

 www.cid.org.au/mhm



View all our easy to read health info guides here:
www.cid.org.au/health-guide

This info guide was written in July 2009.
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