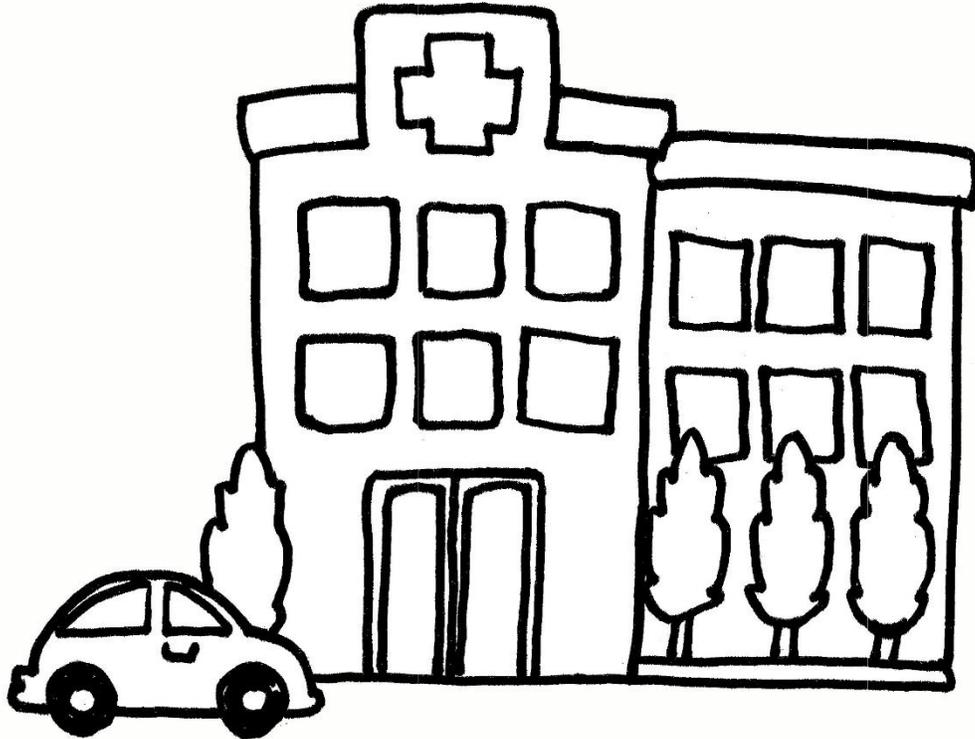


When you're sick...

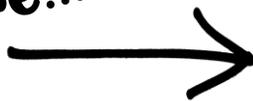


Sometimes, if you're sick, your parents may need extra help taking care of you.

They may bring you to the hospital.



Some kids arrive in a car, ambulance, or helicopter.  
How did you arrive?  
Draw it here!!!

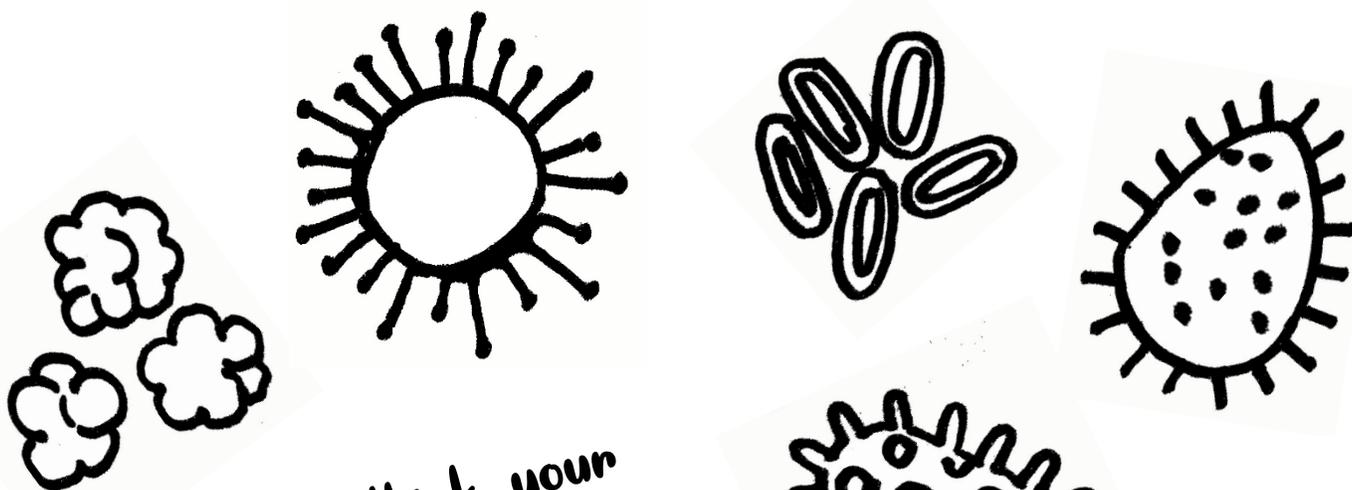


At the hospital, there are all kinds of people ready to help you! Like doctors, nurses, and child life specialists!



There are a lot of kids at the hospital every day. They are here for different reasons like being hurt or being sick. When kids are sick, they aren't always sick with the same thing.

Some sicknesses are caused by germs, and these germs can look very different!



What do you think your germs look like?

Draw them here!!!



The different types of germs cause different types of symptoms or feelings.

Like a cough...



...runny nose...



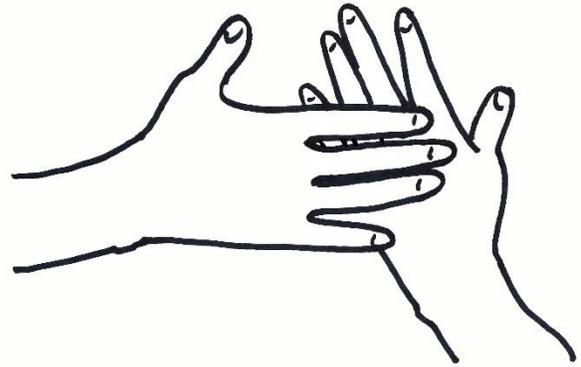
...or fever.



Germs can also spread from one person to another.

They do this in different ways!

Some germs  
only spread by  
touch!



Others spread  
through the air  
by coughs or  
sneezes!

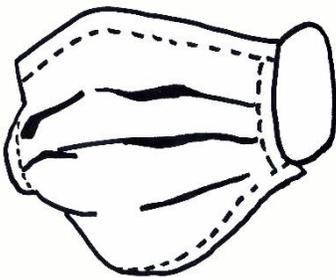


People at the hospital wear different things. These things might look unusual, but they have an important job! Their job is to help keep everything clean and to help stop the spreading of germs.

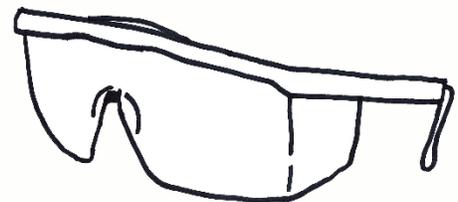
They keep everyone safe!

Some of the things you might see are...

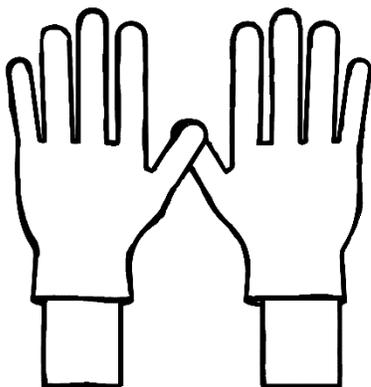
...masks to protect mouths and noses...



...goggles to protect eyes...



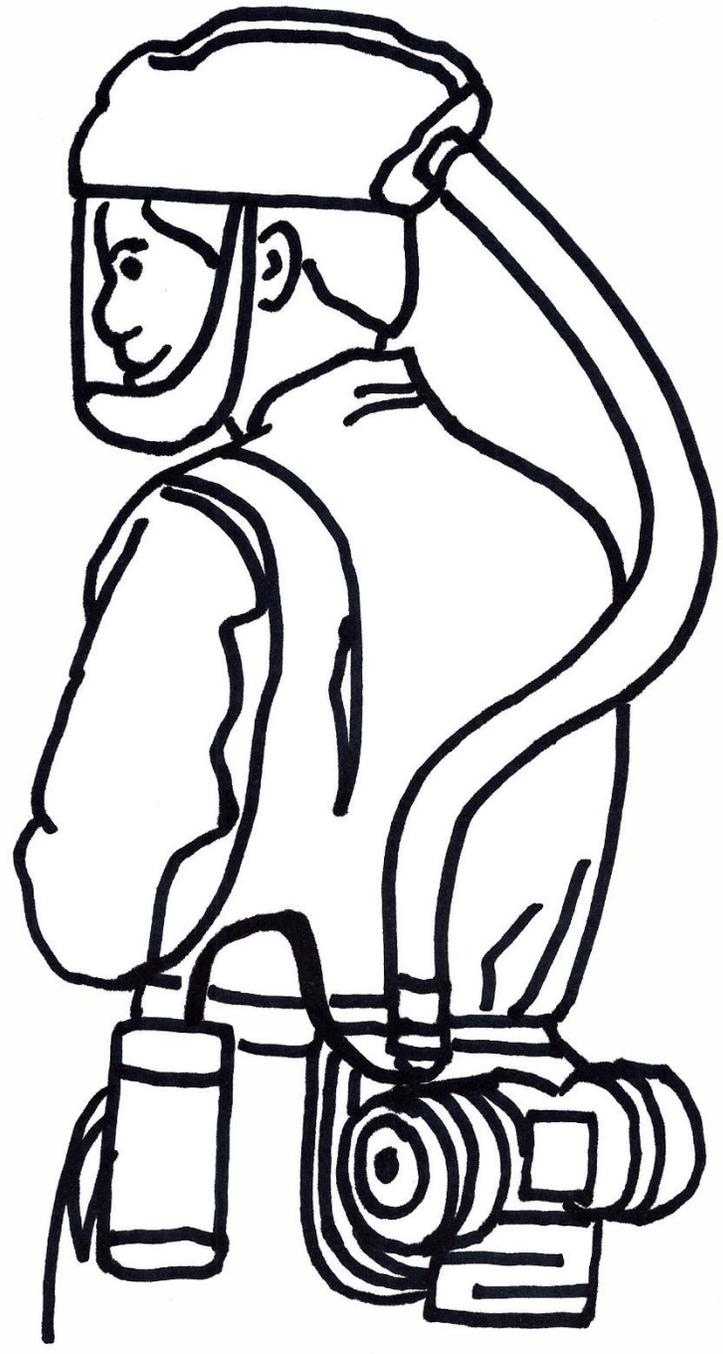
...gloves to protect hands...



...and gowns to protect clothes.



Sometimes, the people might even wear a special mask called a PAPR!



These things are all worn to stop the germs from spreading!

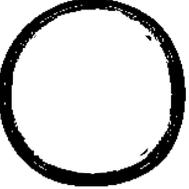
What did your nurse wear today?

Draw it here!

Sometimes, kids feel worried or scared when they are here. You can always ask the doctors and nurses any questions that you have!

What are you feeling right now?

Circle the faces that show how you feel!

 SCARED	 HAPPY	 SAD
 ANGRY	 EXCITED	 WORRIED
 SURPRISED	 SILLY	

*Don't see a feeling?  
Draw it here!*

What are things that help you feel better?

Do you like coloring or drawing? Do you like playing games? What about writing in a journal or listening to your favorite song?

Make a list of the things that help you feel better!

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Do you need ideas or help feeling better?

Ask your nurse to get a child life specialist to stop by or give you a call!