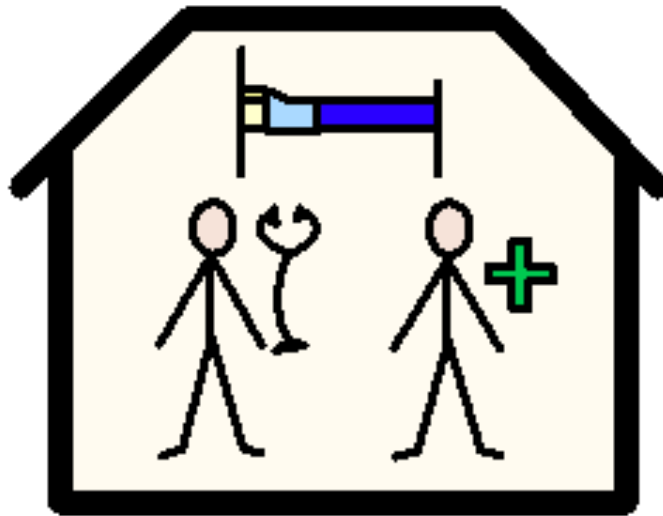




Going to the



Hospital.





If

I

am



feeling



sick



I

might



need



to go

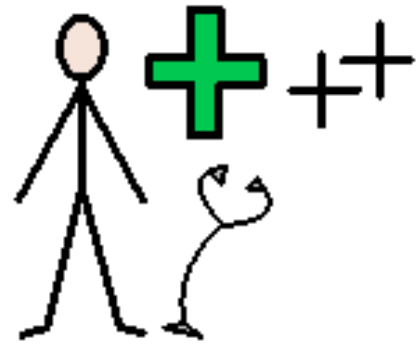


to

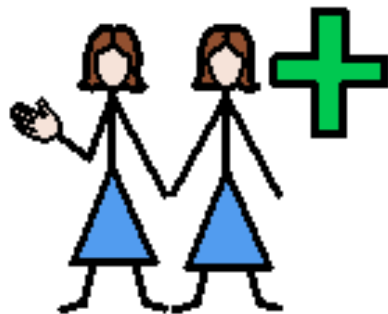
the

hospital.





There will be Doctors



and Nurses who will



look after



me.

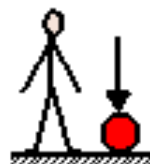




I will meet lots of



new people. I must



try to stay calm while



I wait for my turn.





To help me stay calm:



I can play with my toys,



10x

I can breath in and out 10 times,



I can squeeze my toys,



I can play on my device



I can not run around.





They might want to listen



to me breathing they will

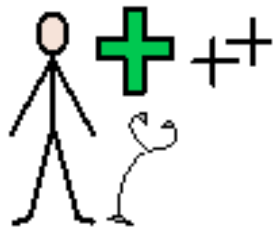


touch my chest. The



stethoscope might feel cold.





Doctors

might

want to



touch



the inside

of



my



mouth.

This



will

tickle

but



not

hurt me.



I

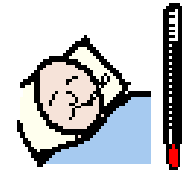
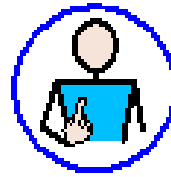
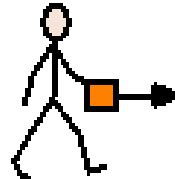
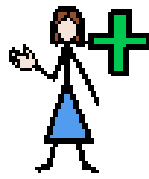
will

be

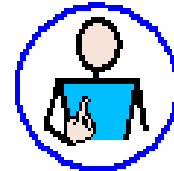
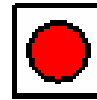
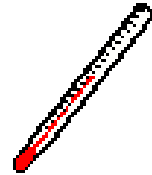
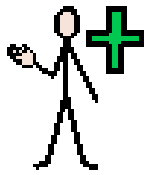


ok.

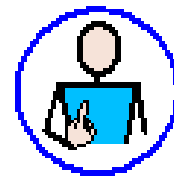
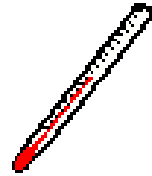




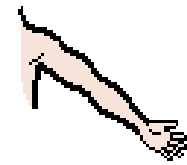
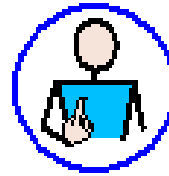
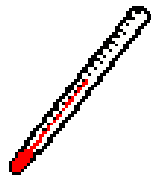
The Nurse will take my temperature.



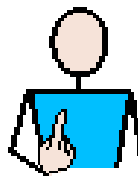
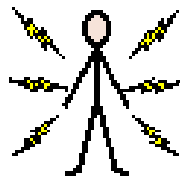
They might put thermometer in my



ear, point the thermometer at my face



or put a thermometer under my arm.



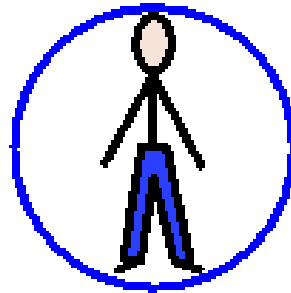
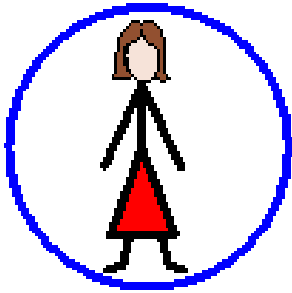
this will not hurt me.



I will be ok.





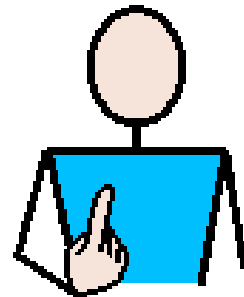


Mum

or

Dad

will

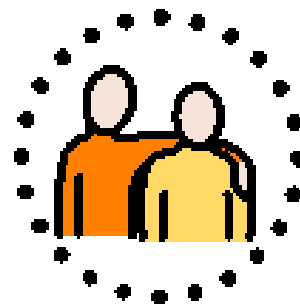
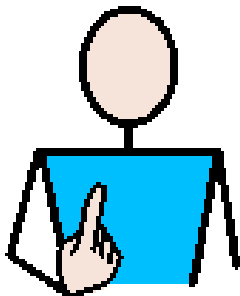


always

be

with

me.



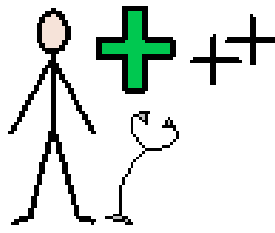
I

will

be

safe.





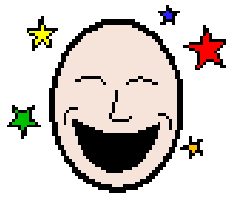
The doctors

might

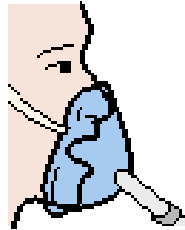


wear

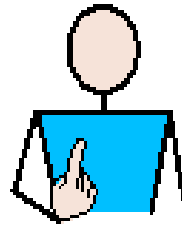
a



funny



mask.

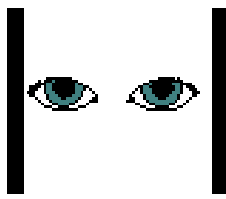


I

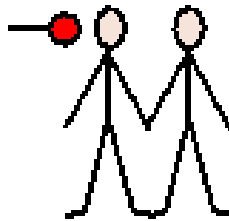
will



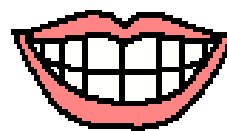
not



see



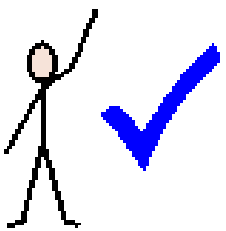
their



mouth

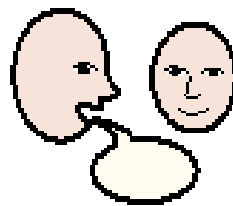
but

they



can

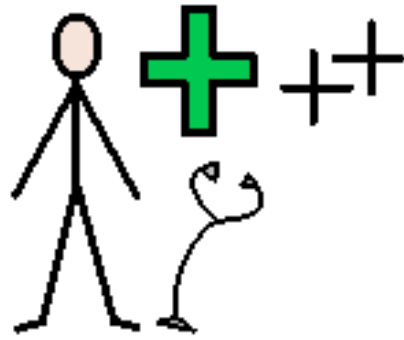
still



talk to

me.





The doctors might



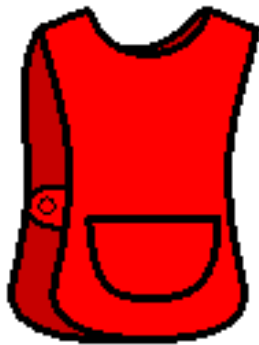
wear



a



funny



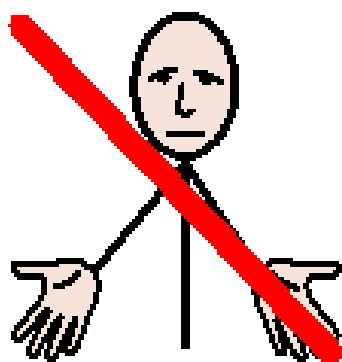
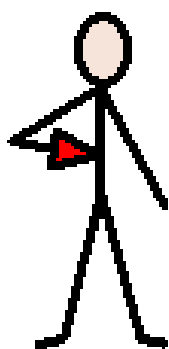
apron



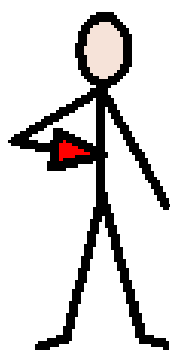
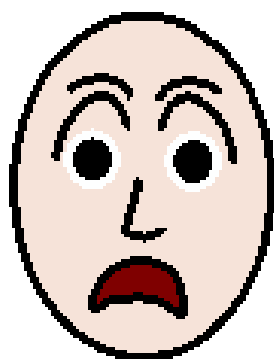
and



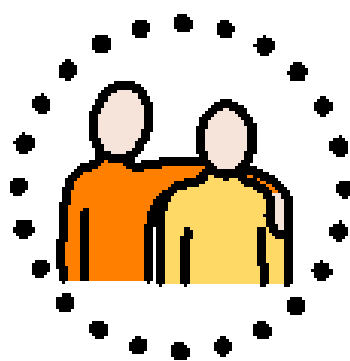
gloves.



I don't need to be



afraid I will be



safe.

