

Some signs of sickness



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- Nick's story epilepsy
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NSW Council for Intellectual Disability

What does 'symptoms' mean?

There are signs that we are well.

There are also 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.
- Throwing up.
- Red spots on your skin.
- Changes in pooing and weeing.

Some signs are harder to see:

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

Coming up are some stories about people who have signs of sickness. They haven't 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.
To get an ambulance, call 000.



What's happening to Asha?

Asha's skin is very itchy. She just can't stop scratching it. She even scratches while she sleeps. Her skin is red and sometimes bleeds.



Asha has a **skin problem**.
She should go to her doctor this week.

What's happening to Rosa?

Rosa likes coffee in the morning.

But today something has changed for Rosa.

She can't move her arm. It's hard to walk.



Rosa might have a **broken bone** in her arm.
She might have **arthritis** in her knee.
She should go to her doctor today.

What's happening to Nick?

Nick has fallen down.

His whole body is shaking. He can't stop it.

He also can't stop his wee.

Soon he will stop shaking. He will feel very sleepy.

He won't remember what happened.



Nick is having a **seizure**.

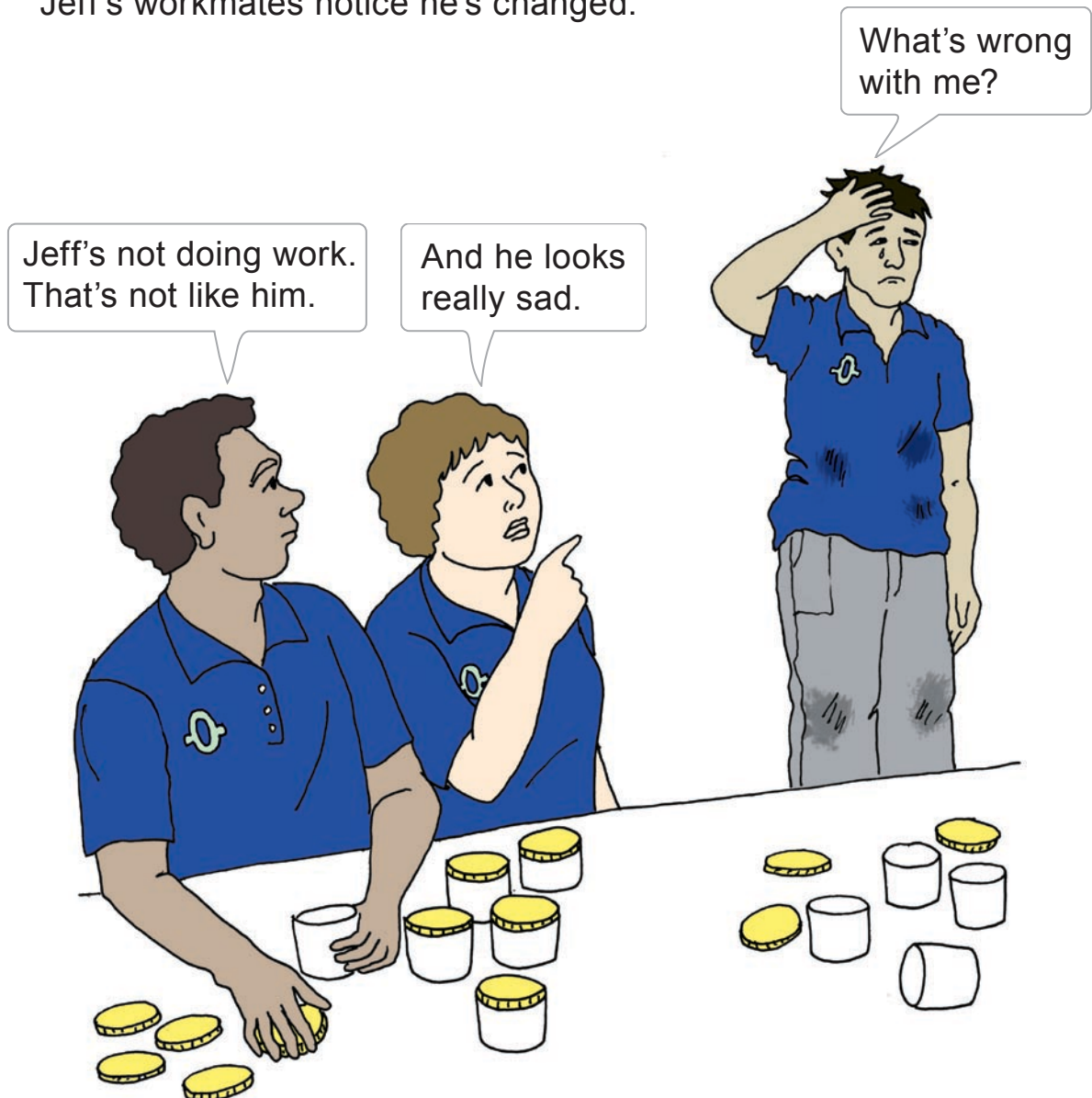
He might have a type of **epilepsy**.

Call the ambulance.

They will decide if he needs to go to hospital.

What's happening to Jeff?

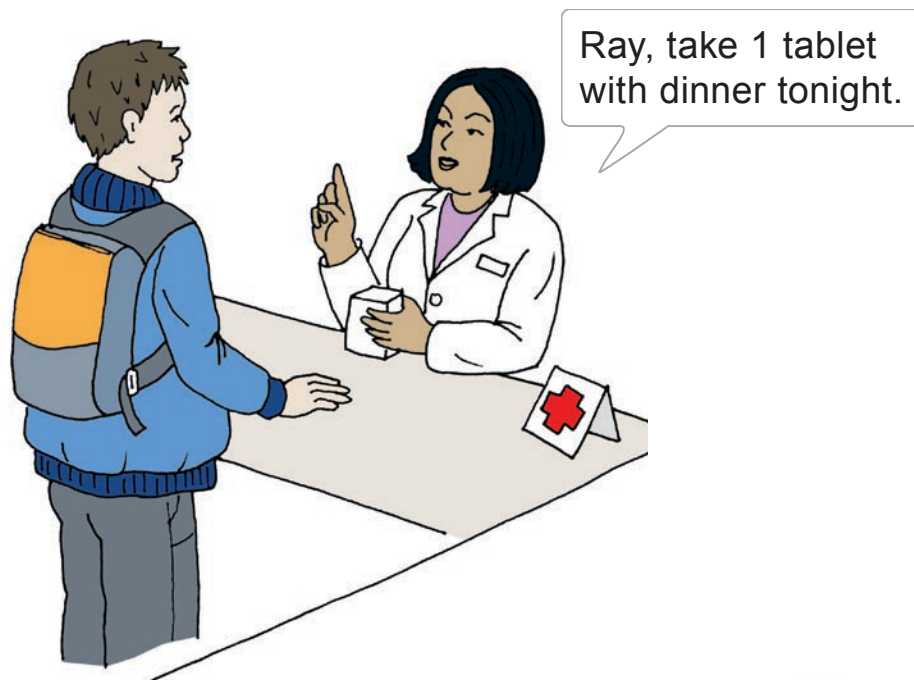
Lately Jeff feels upset a lot.
At work he just can't stay on track.
He is not caring for himself as well as usual.
Jeff's workmates notice he's changed.



Jeff might need help with his **mental health**.
He should go to his doctor this week.

What's happening to Ray?

On Thursday Ray gets his new pills.



My friend is really sick.
He took some new pills.



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



Ray might be having a **bad reaction to medication**.
Call the ambulance.
They will decide if he needs to go to hospital.

What's happening to Oskar?

Oskar is eating lunch. All of a sudden he starts to cough.
Food gets caught in his throat a lot.
Oskar also gets lots of chest infections.
These things happen more as he gets older.



Oskar might have **swallowing problems**.
He should go to his doctor today.

What's happening to Josef?

Josef is feeling sick after eating. He has pain in his tummy. He is vomiting. This happens a lot lately.



It hurts when Josef tries to poo. This happens a lot lately. He gets pains in his tummy. Josef often feels very grumpy.



Josef is having **gastric problems**.
He should go to his doctor today.

What's happening to Mario?

Mario eats lots of food with fat and sugar.

He sits down most of the time.

His sister says he should lose weight.

Today Mario is out shopping.

All of a sudden he can't stand up.



Mario might have **diabetes**.

He might have **heart problems**.

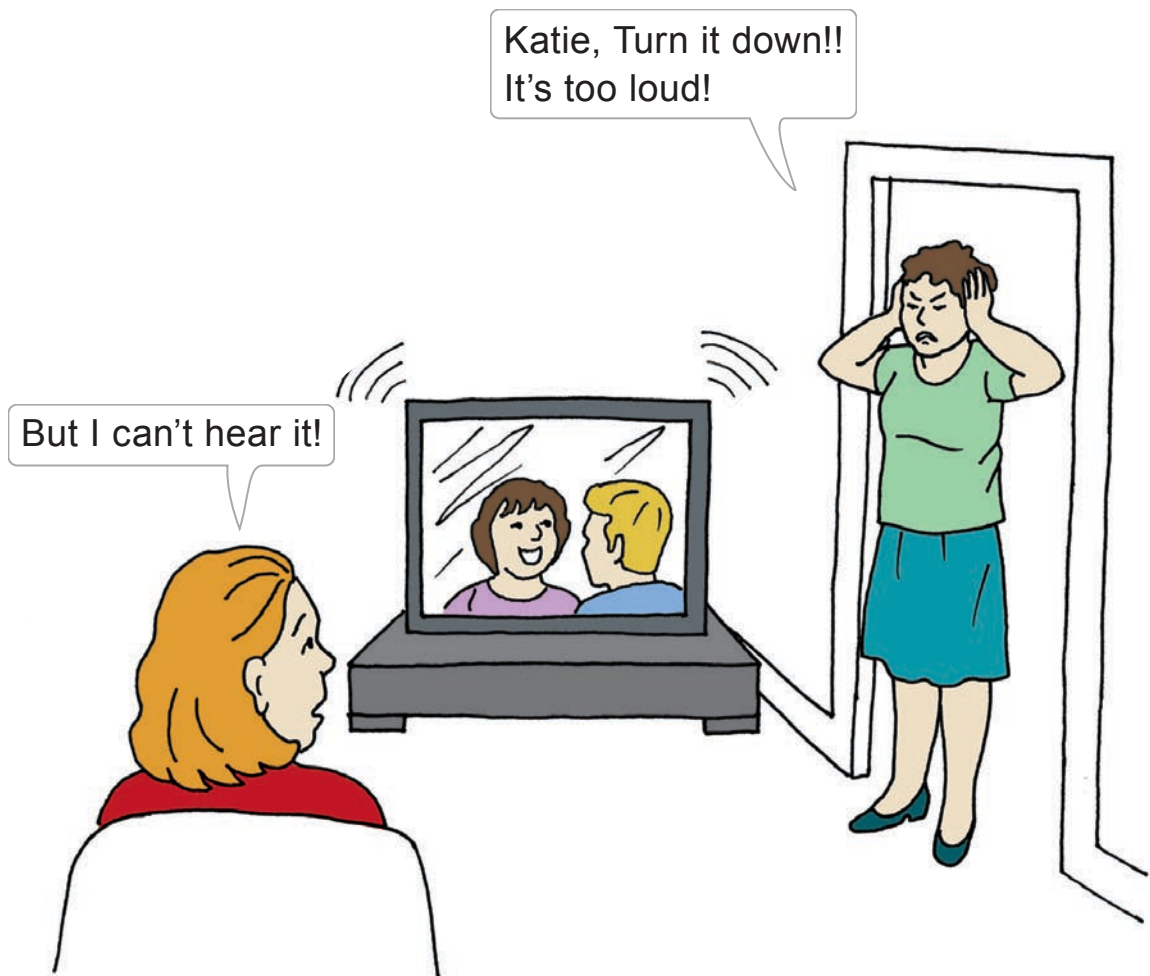
Call the ambulance.

They will decide if he needs to go to hospital.



What's happening to Katie?

Katie is watching TV.
Her Mum is cross with her.
She says the TV is too loud.
Lots of people say that!
Katie doesn't think it is.

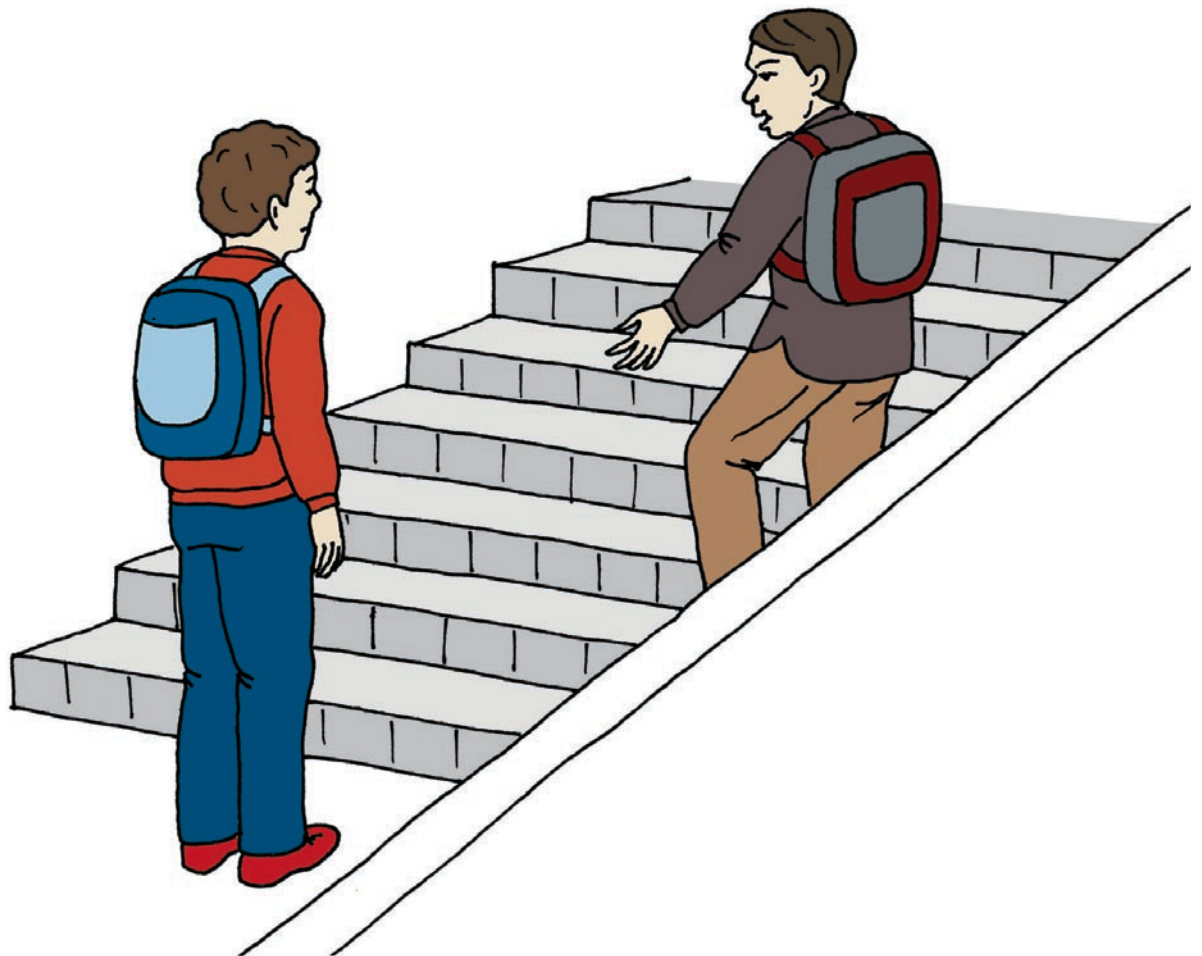


Katie might have **problems with her hearing**.
She should go to her doctor this week.

What's happening to Harry?

Harry used to like new places.
Now he gets worried about tripping on things.
He's not sure why he trips over so much.
Today he is worried about going up the steps.

Come on Harry.
You can do it!



Harry might have **problems with his eyes**.
He might not be seeing things very well.
He should go to his doctor this week.

What's happening to Franca?

Franca is eating dinner. She tries to chew some meat.
It hurts too much! She can't finish her dinner.



Franca has a **toothache**.
She might have **dental or gum disease**.
This can cause other health problems too.
She should try to go to her doctor or dentist today.

Australian websites

Teeth

www.scopevic.org.au/index.php/cms/frontend/resource/id/131

Click on “healthy mouths – how to look after your oral health”

Diabetes

Lots of easy read info about diabetes:

<http://tiny.cc/ywxpj>

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't get to your doctor, try calling

Healthdirect 1800 022 222.

United Kingdom (UK) websites

These info sheets come from another country.

What they say about health might be a bit different in Australia.

Show your doctor the info to check that it is right for you.

<http://www.easyhealth.org.uk/categories/health-leaflets/>

Click on the buttons or use the A to Z list at the bottom to find info about:

- Constipation
- Bowel and Bladder
- Diabetes
- Depression
- Diet
- Ears
- Hearing
- Epilepsy



Remember

This fact sheet is not the same as advice from a doctor.
It has information that might be useful to you.

This fact sheet does not know about:

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

Don't just rely on this fact sheet.

You should always talk to your doctor about your health.

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For future updates see www.nswcid.org.au

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