



F.Y.I.

**Vocabulary words**

- Appointment
- Cough
- Dizzy
- Dehydrated
- Fever
- Home Remedies
- Symptoms
- Signs

# *A Visit to the Doctor*

## **When to See a Doctor**

Sometimes it is hard to decide if you should see a doctor. If you want to see a doctor, you have to make an appointment. You may also need to take some time off from work. Many people think it is okay to take medicine they have at home. Taking medicine you have may not always help. It might even be dangerous. So, how do you know if you really need to see a doctor right away, or if you can wait? It is important to look out for any signs and symptoms you may have.

## **Common signs and symptoms to look for:**

- You have trouble breathing.
- You have a bad cough lasting more than a few weeks.
- You are dehydrated. This means that your body does not have enough liquids to keep working well.
- You feel shaky and tired all of the time.
- You have a high fever or chills.
- You have a lot of pain which gets in the way of your every day activities.
- You feel dizzy. Dizzy spells can be very serious and harmful.
- You recently lost or gained a lot of weight without wanting to.
- You cannot sleep at night. This has lasted for more than a few weeks.

You can wait to see a doctor if you have a runny nose for a few days or a small cut on your arm. Things like this can heal themselves in a few days. But, if any of your signs and symptoms last a long time, it is always good to see a doctor.

## **Preparing for Your Visit**

Now that you are ready to see the doctor, there are a few things you should keep in mind:

- Write down a list of your signs or symptoms so that you do not forget them. Take this list with you to your appointment.
- Write down questions for your doctor and take them with you.
- Take a list of all the medicines you are taking; include vitamins and home remedies on the list. If you do not make a list, take your medicines with you to your visit. It is important that your doctor knows everything you are taking, even things like herbal teas.
- Get to your appointment early to fill out forms.

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