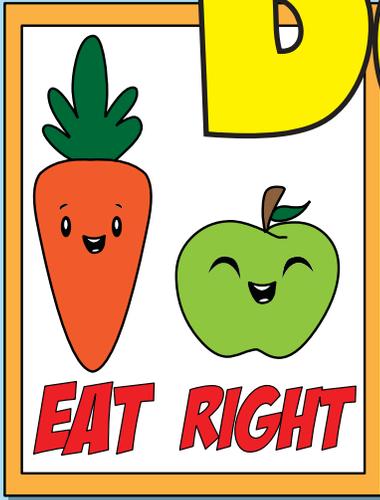


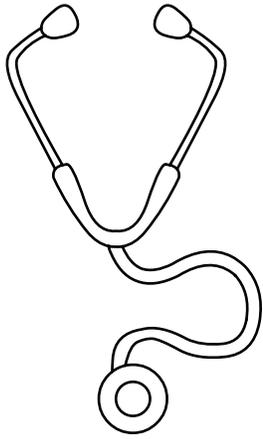
# A Trip to the

# Doctor

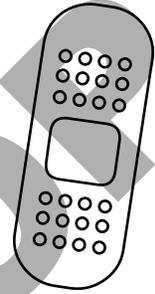


# What Does a Doctor Do?

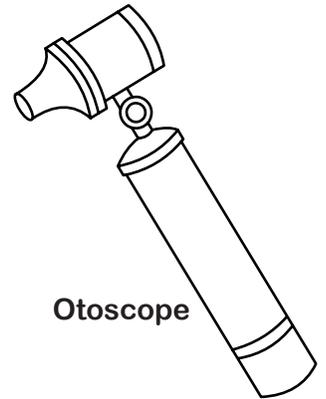
A Doctor is a person who helps you when you are sick. They can give you medicine to make you feel better. Doctors help you stay healthy.



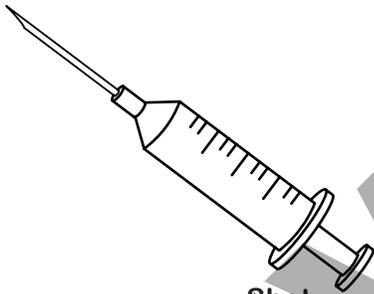
Stethoscope



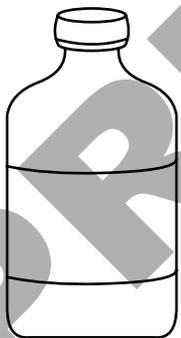
Bandage



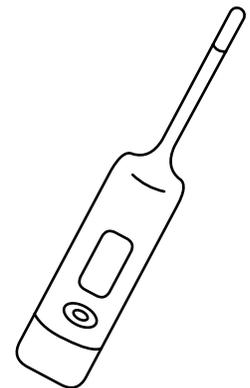
Otoscope



Shot



Medicine

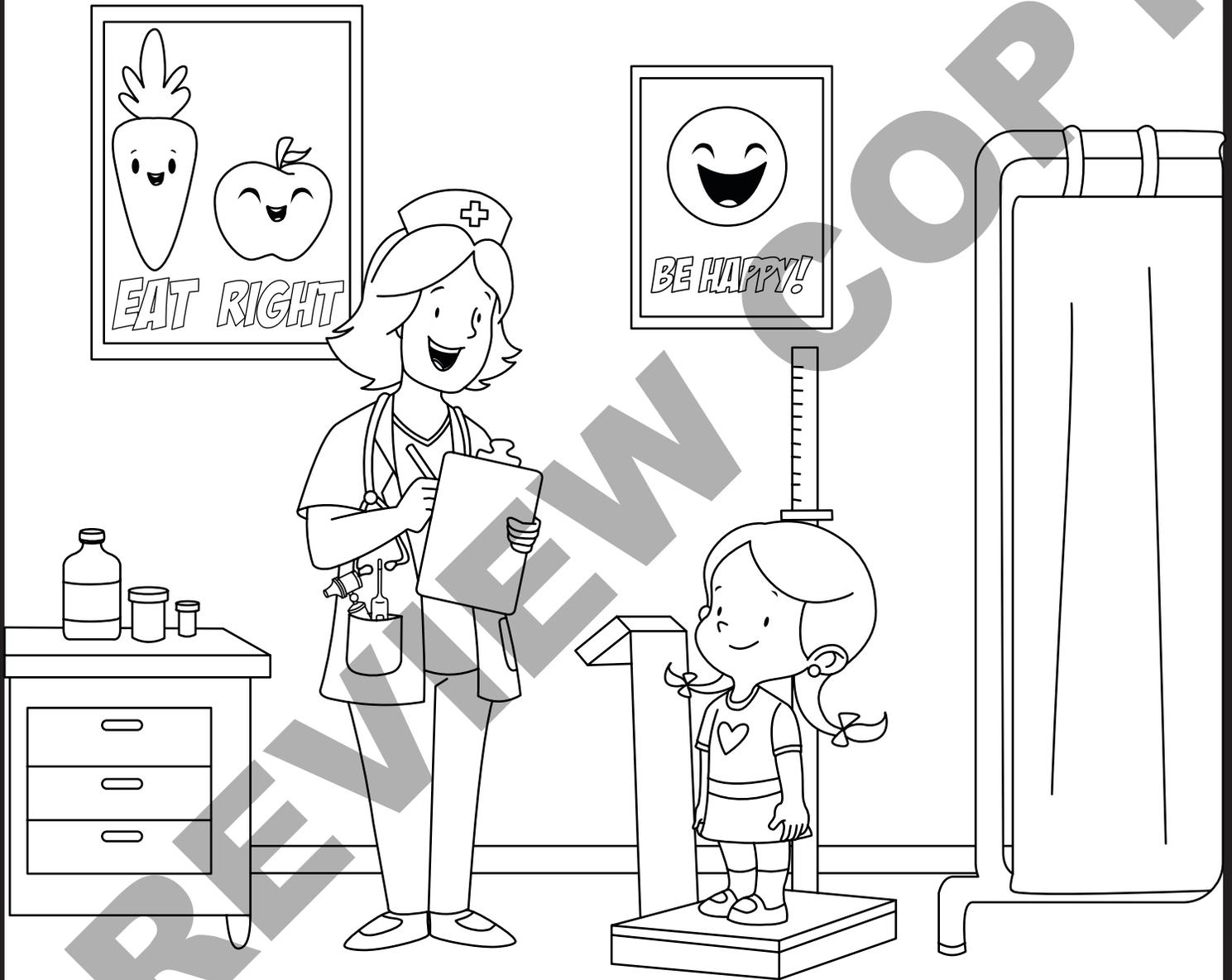


Thermometer

A doctor uses special tools to see what is making you feel sick, or to make sure you are growing up healthy. Color the tools a doctor uses.

# What Does a Nurse Do?

A nurse cares for sick people and helps them stay healthy. They work with doctors to make sure patients are well cared for. The nurse will check your height and weight, take your temperature and blood pressure.



## How Do You Measure Up?

Ask your parents for help to find out your height and weight!  
You will need a tape measure and a scale. Write your answers in the spaces below.

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

# Doctors Help Make Sure We Are Healthy

At Your Check-Up the Doctor Will...



Look In your ears



Listen to your heart and lungs



Check your mouth and throat



Check your reflexes



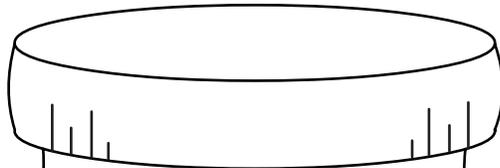
Ask how you are feeling and other health questions



Prescribe medicine or give you a clean bill of health

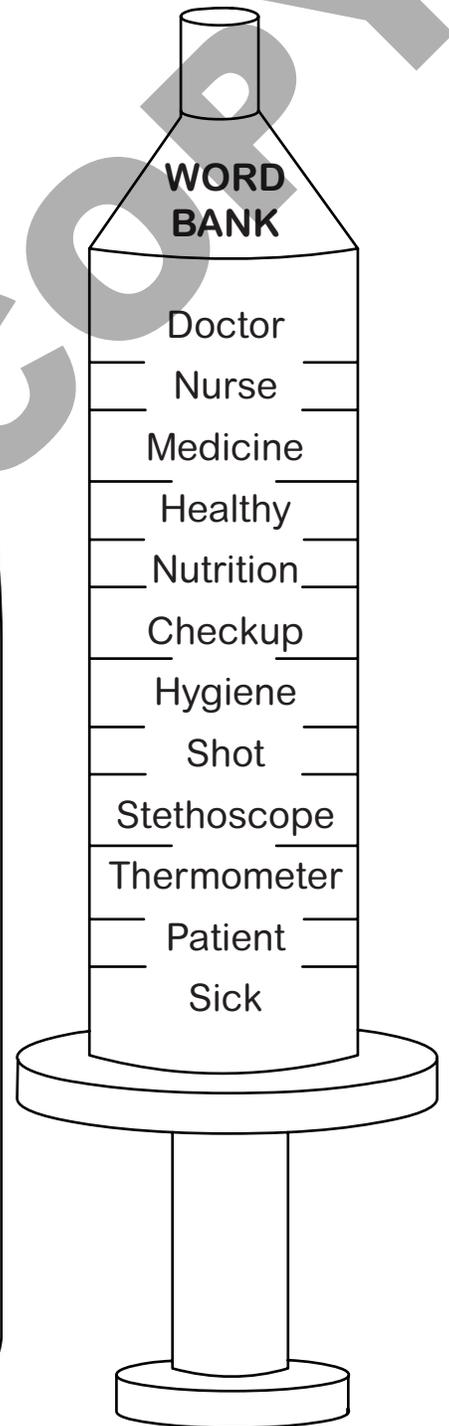
# A Doctor May Give You Medicine

A Doctor may give you medicine or vaccines to help you feel better and stay healthy.



Find all the words below that can help keep you healthy.  
Words go up and down, left and right and diagonal.

F	E	X	I	S	J	M	G	F	T	T	H	Q	R	B
C	L	N	D	T	S	R	N	B	I	D	D	B	F	S
H	I	T	H	E	R	M	O	M	E	T	E	R	T	I
E	L	N	T	T	E	H	R	L	J	O	I	O	G	C
C	B	U	M	H	H	W	R	B	Y	J	K	T	K	K
K	I	T	B	O	S	W	B	D	I	V	H	L	U	A
U	P	R	O	S	A	T	P	A	T	I	E	N	T	M
P	K	I	R	C	N	C	G	N	W	S	A	V	T	E
A	H	T	K	O	Z	W	E	U	R	H	L	H	T	D
N	X	I	C	P	N	N	R	R	O	O	T	P	H	I
D	Z	O	Y	E	E	T	O	S	I	T	H	K	T	C
L	O	N	O	I	W	T	Y	E	H	W	Y	P	H	I
O	P	U	G	J	C	G	A	E	C	Y	C	R	E	N
S	X	Y	K	O	U	H	B	U	F	A	A	E	E	E
U	H	I	D	D	G	F	U	E	S	I	B	S	I	O



You should only take medicine that a doctor or a parent gives you!

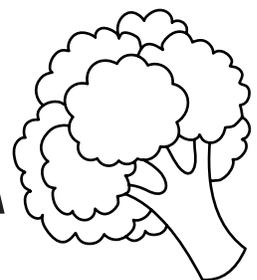
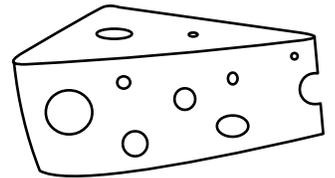
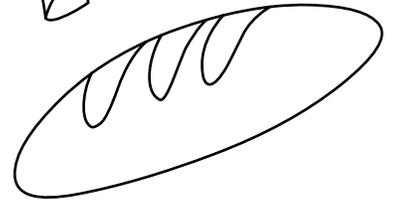
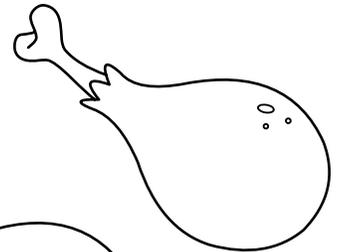
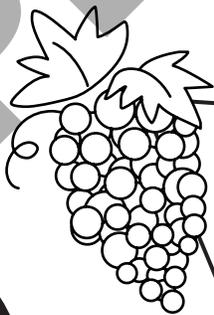
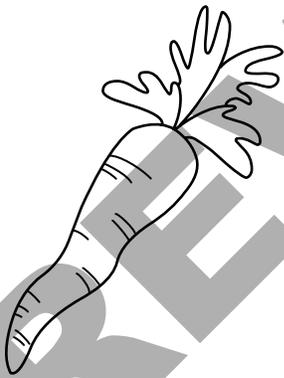
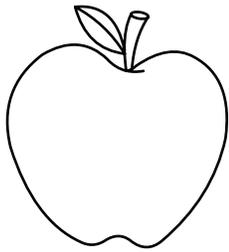
# Be Healthy to Stay Healthy!



**Practice Good Hygiene**



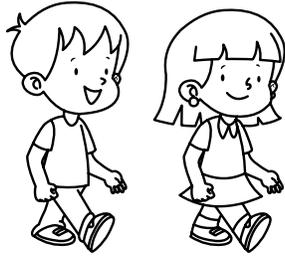
**Always Wash Your Hands**



**Eat Nutritious Meals and Snacks**

# Stay Fit & Play Safe!

Follow the right path through all the healthy activities to have your best check-up with the doctor and to be the healthiest you.

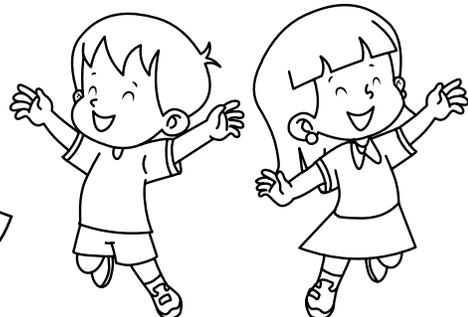


Get Plenty of Sleep

Exercise Daily

Wear A Helmet to Play Safe!

Always Wear Your Seatbelt!



Yay! You've found the path to be healthy.  
Keep up the good work!

# See You At Your Next Check-Up!



## Remember To:

- Eat healthy snacks like fruits and vegetables
- Get plenty of sleep
- Exercise every day
- Wash your hands

**Play Safe!**

PREVIEW