



## Dealing with Illness

Unfortunately, all of us get sick!

Sometimes it's a stuffy nose, or a fever, or your stomach just doesn't feel normal. How we handle our sickness can determine how long we stay sick or even who else we might spread our sickness to.

### *What should you do?*

First, if you think you are really sick, you should tell someone and get to the doctor! They will know the best things to do to get you better.

But sometimes, we don't need to go to the doctor because your body can fight off the illness on its own. Stuff like getting the common cold or food poisoning are stuff that we can handle on our own and can get better without medicine from the doctor. So let's look at how to handle these illnesses and what to do to help!

### *What should you do to help?*

Make sure you cover your nose when you sneeze! Using a Kleenex is the best way you can contain your germs and keep them away from other people. If you need to cough, again Kleenex is a good idea or just coughing into your elbow and away from people. Try not to cough or sneeze into your hands because that's the best way to spread your germs to other people and you might get them sick!

When you're sick, it's important to keep yourself clean. Wash your hands after you sneeze or cough to prevent spreading germs. Use a disinfecting wipe on the things that you use every day (like your phone, your desk, or TV remote) to kill the germs and stop them from spreading. We need to make sure we stop our germs from spreading to other people because we don't want other people to get sick!

With most illnesses, it's best to just take it easy. This means getting enough rest, eating well, and drinking lots of water. Listen to what your body needs, and don't push it past its limit! The better you take care of yourself while you're sick, the faster you can get better again.

If something seems much worse than normal, however, don't be scared to go to the doctor. It's better to be safe than sorry and they can help find out what you should do next if something is wrong.

### *How can I prevent getting sick?*

Maintaining your hygiene is a great way to stay healthy and avoid getting sick. Washing your hands is critical to stop the spread of germs and preventing yourself and others from catching something.



**SOfit**

**Special Olympics Minnesota** | 100 Washington Avenue South, Suite 550, Minneapolis, MN 55401

so.fit@somn.org | T 800.783.7732 | F 612.333.8782 | [somn.org](http://somn.org)

Keep your immune system strong (your body's way of fighting off illness) by eating healthy, staying active, and getting good sleep! In this way, your body can stay strong and be ready to fight against the bacteria that want to get you sick.

Getting sick is no fun, so it's important to stay healthy and learn how to deal with getting sick so that you can get better quick and easy, and back on your feet in no time!

