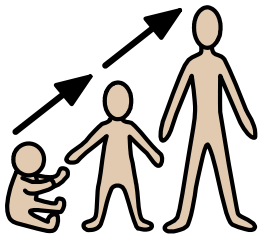
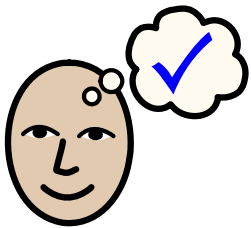


Understanding your health



As you grow older, you learn new things. You might start to do things on your own, without your parents being there. This is called becoming independent (said: inn-dee-pen-dent).

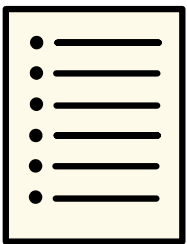


It is important that you know about your body and your health. You may need to answer questions when your parents are not with you.

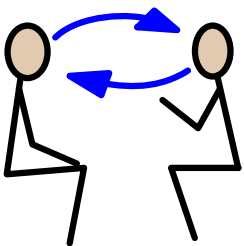


You might need to tell someone about your health if:

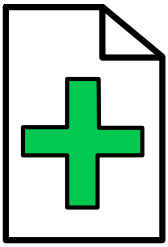
- you apply for a job or a course
- you need insurance for a holiday
- you see a new doctor or nurse
- you have an accident



One way of remembering important things about your health is to make a list that you keep with you all the time. This could be on paper or it could be on your phone.



Talk to your parents about what you need to put in the list. They may have a list or folder already that you can copy.



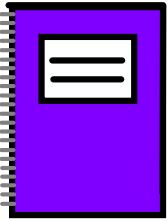
The sorts of things you should know are:

- Immunisations
- Allergies
- Injuries
- Illnesses



It is also a good idea to include:

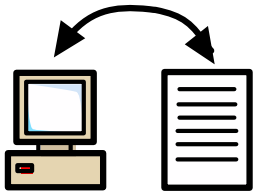
- The doctors and nurses that look after you
- The medicines you take
- The equipment you use



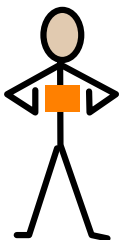
Your hospital passport may also help you make your list.



If you do not know some things, you could ask your doctor to show you the notes they keep about you. They will also be able to give you a copy if you ask.



When you have your list, make sure you keep it up to date. If you start taking a new medicine, add it to the list. If you hurt yourself, say what happened to make you better.



Your parents and anyone else important to you should know where you keep the list. They may need to find it in a hurry. You could give them a copy to keep as well if you want.



Please ask us if you have any questions.