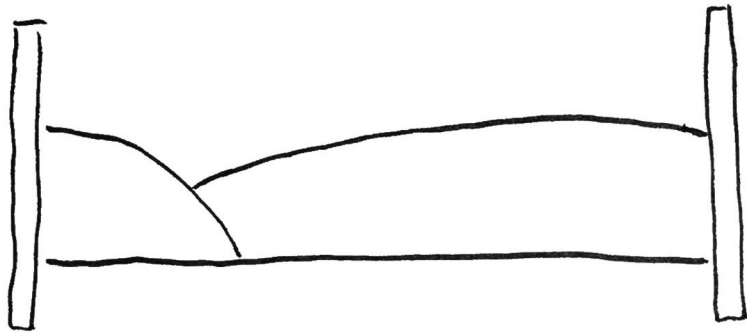
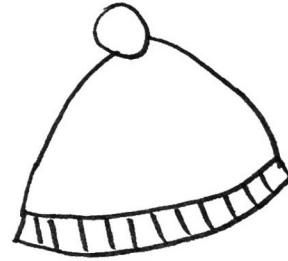


WHEN I AM SICK...



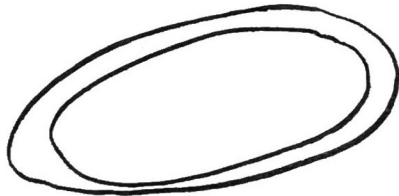
I sleep as much as I can.



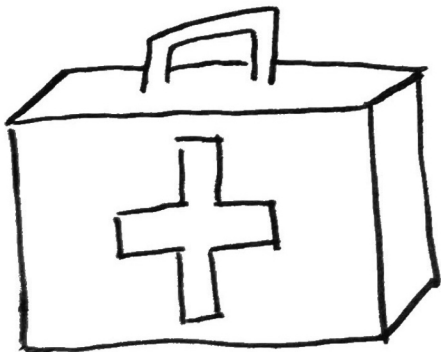
I keep warm with hot water, foot baths, socks, scarfs, beanies, hot water bottles and sunshine.



I monitor my temperature.



I drink 2 - 3l of warm water, warm water with lemon or herbal tea, and eat only when I feel like it.



I get medical advice if I don't get better.

...AND WHEN I GET BETTER I WANT TO:

- ☐ Listen to stories
- ☐ Watch movies
- ☐ Draw and paint
- ☐ Play with my friends
- ☐ Read a book
- ☐ Play outside
- ☐ Go for a walk
- ☐ Go for a swim
- ☐ Hike in the mountains
- ☐ Visit...