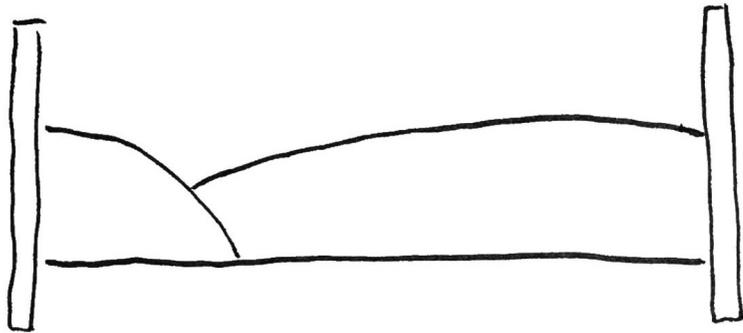
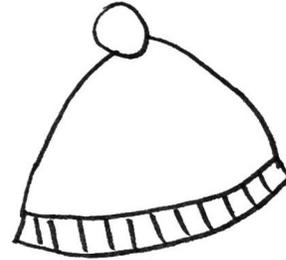


WHEN I AM SICK...



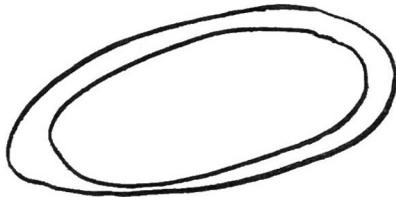
I sleep as much as I can.



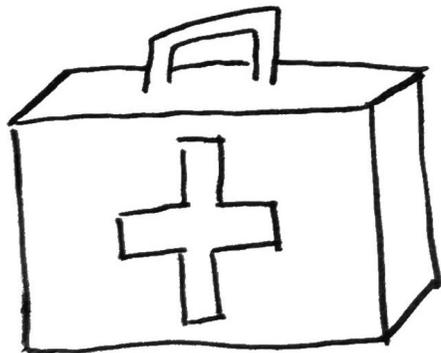
I keep warm with hot water, foot baths, socks, scarfs, beanies, hot water bottles and sunshine.



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...