

Talking about Illness

Illness is a normal part of life. Everyone gets sick at one time or another.

Illness usually is felt somewhere in or on the body.

Some illnesses are from viruses which may be passed from person to person through the air or through physical contact.

People typically experience symptoms when they are sick. "Symptoms" are sensations in the physical body that can be felt, seen, smelled or otherwise detected. The sensation may feel different than what or how a person usually feels.

If a person is not sure if he or she is sick, it is a good idea to talk about it with a friend, family member, or another trusted person.

Common symptoms of COVID19 may include

- Body temperature more than 37.5° C
- Cough
- Trouble breathing

There are periods of time when an illness may be contagious. Contagious means the illness can pass from one person to another. When someone is sick with a contagious illness, they should have minimal physical contact with other people.

Teachers understand that people who are sick or contagious should not come to school or go to other activities outside their home.

When people are sick, they usually recuperate. Recuperate means to get well and get healthy again.

Parents, doctors, and nurses usually know what should be done to help people recuperate.

Usually when people get sick, they will recuperate. Getting sick is a part of life and happens to everyone.

Sometimes we get better quickly, without having to do anything different from the usual routine. Sometimes we get better by doing something new or changing how we do things.

Sometimes we get better in a day or overnight. Sometimes getting better takes a longer time.

Illness happens to all people. It is normal. Most of the time, people recuperate from illness.

Usually when people get better after an illness, they recover completely.

Recovering completely means that they are mostly the same as before. They look the same as they did before they were sick. They can do the things that they used to do. They feel the same.

Sometimes a person might be very sick for a very long time. Then the person may not recuperate completely or he or she might die.

If you are worried about getting sick, recuperating, or dying you should talk to a parent or a family member.