

How to stay well



You see your doctor.

They tell you how to stay well. Like you need to

- walk each day
- eat good food
- get good sleep.

It helps you stay well.



You feel well. You feel strong.

And

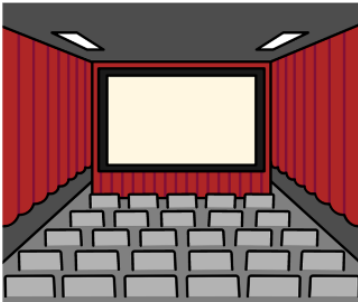


It helps you think.



There are lots of things you can do.

You may do things with friends.



You may go out. Like to the movies



You may play sport. You may watch sport.



You may want to

- go to a dance
- paint pictures.



You can work. You may have a job

- in a shop
- in a cafe
- at a club.



It can be hard to stay well



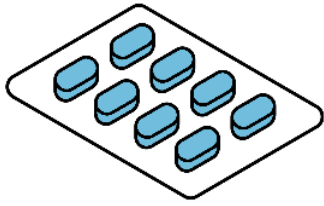
It may be hard to know what to do.

You may **not** know what your doctor means.



It may be hard to move.

You can **not** walk each day.



You may take pills. They make you hungry.



You eat more food.

Some food may be bad for you. Like lots of chips.



You may need help to shop.

Like a person to help you choose good food.



You may have big health needs.

Like you have chest pain. It may be your heart.

Or

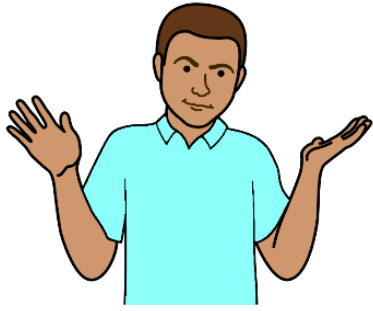


You have too much sugar in your blood.

It is called diabetes.



You may go to hospital. This happens a lot.



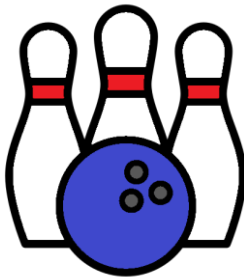
You want to stay well.

What can you do?



You can make good choices.

You choose good food



You move your body each day. You may

- play sport. Like bowls
- go for a walk
- ride your bike.



You can join a group.

You do things to help you stay well.

Like you walk with a group.



It may be

- you swim
- you play sport



You are sick. Like you have a cough.

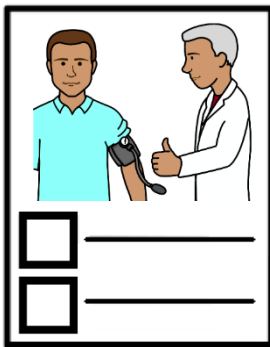
You go to the doctor. They listen to your cough.

And



Your doctor checks your health. You are **not** sick.

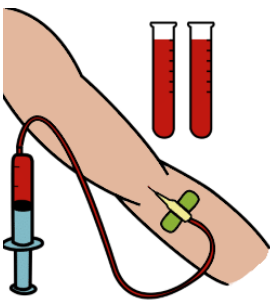
You may go 1 time each year.



You can make a health plan.

Ask people to help you. Like

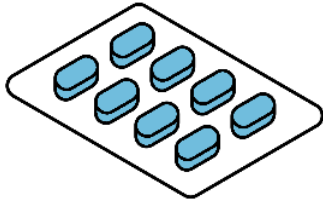
- your doctor
- your family
- staff.



Your doctor says you need tests.

You do your health tests. Like your

- blood tests
- breast check. It may be an x ray



Your doctor says you need pills. Take your pills.

It helps you stay well.



You can get help



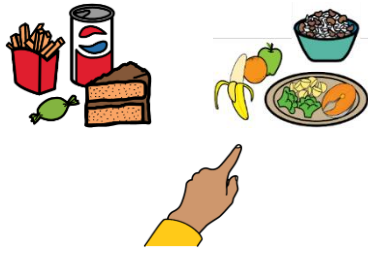
You may need help. You can ask

- your family
- your staff.
- a friend you trust.



They can go to the doctor with you.

They may help you talk to the doctor.



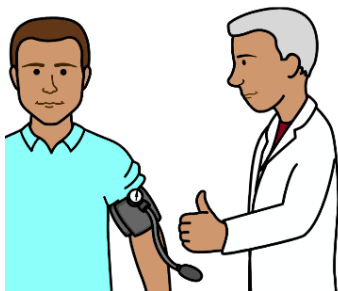
They may help you make choices about

- your food
- how you move your body
- your health checks.



They may do things with you. Like

- go for a walk
- eat good food with you.

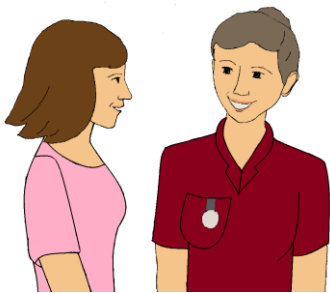


They help you stay well.



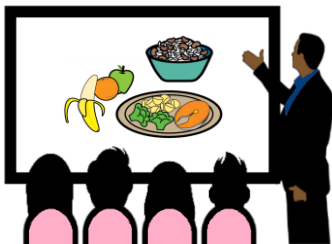
You may have staff to help you.

They help you to stay well.



They may talk to your

- physio
- doctor
- other health workers.



They learn how to keep you well.

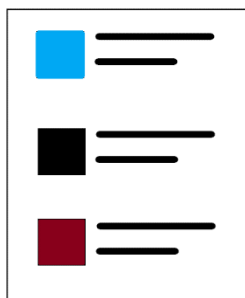
Like what are good food choices.



The government wants you to stay well.

They give you health information. It may be

- in a letter. They send it to you
- on TV.



It can be hard to know what it means.

You can ask for information in a

way you understand. Like Easy English.

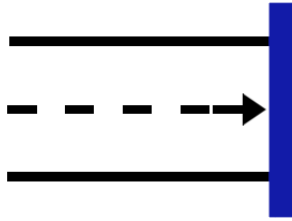
And



You can ask a person to help you.

They can help you

- know what it means
- what you can do.



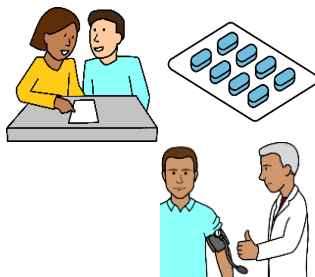
This is the end of the fact sheet.



Images

We use images from

- CHANGE changepeople.org
- Picto-Selector
- Pixabay
- The Noun Project
- Tobii-Dynavox.



This fact sheet is based on Preventive health.

Developed by Aruma Human Rights Team

June 2024.



Access Easy English wrote the Easy English.

October 2024.