

# Sick & Yucky

## symptoms

## fever tracker

_____	@	_____	AM
			PM
_____	@	_____	AM
			PM
_____	@	_____	AM
			PM
_____	@	_____	AM
			PM
_____	@	_____	AM
			PM
_____	@	_____	AM
			PM
_____	@	_____	AM
			PM
_____	@	_____	AM
			PM

## doctor's visit

Appt. Date & Time .....

.....

Blood Work / Tests .....

.....

Diagnosis .....

.....

Prescription(s) .....

.....

Care Instructions .....

.....

Contagious    Y    N

Doctor's Note for School    Y    N

# Meds & Times

12 AM	.....	.....	.....
1 AM	.....	.....	.....
2 AM	.....	.....	.....
3 AM	.....	.....	.....
4 AM	.....	.....	.....
5 AM	.....	.....	.....
6 AM	.....	.....	.....
7 AM	.....	.....	.....
8 AM	.....	.....	.....
9 AM	.....	.....	.....
10 AM	.....	.....	.....
11 AM	.....	.....	.....
12 PM	.....	.....	.....
1 PM	.....	.....	.....
2 PM	.....	.....	.....
3 PM	.....	.....	.....
4 PM	.....	.....	.....
5 PM	.....	.....	.....
6 PM	.....	.....	.....
7 PM	.....	.....	.....
8 PM	.....	.....	.....
9 PM	.....	.....	.....
10 PM	.....	.....	.....
11 PM	.....	.....	.....

# Supplies & Notes

## **congestion & cough**

- Bulb Syringe
- Cough Medicine
- Humidifier
- Kleenex
- Lozenges
- Steam

## **fever**

- Acetaminophen
- Ibuprofen
- Thermometer
- Cold Packs

## **nausea & vomiting**

- Antacid
- Clear Broth
- Crackers
- Ginger Ale
- Jello
- Pedialyte

## **sore throat**

- Acetaminophen
- Ibuprofen
- Lozenges
- Throat Spray