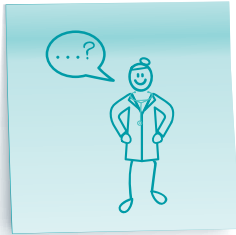


Activity 11

How are You?



One question you'll be asked when you talk to a health care provider is: "How are you?"

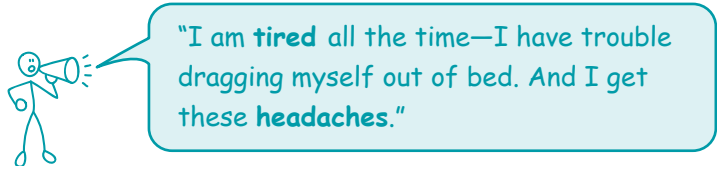
The health care provider may use different words. They may ask what is wrong, or how are you feeling. They may ask why you are there. They may ask your **symptoms**.

It all means the same thing. They want to know how you are feeling so they can figure out how to help you.



Symptoms are words that you use to describe how you are feeling.
Symptoms are **personal**. There are no right or wrong answers. The words are your own. Only you know and can say how you are feeling.

Describe how you feel.



Here's how I am feeling—my symptoms:

1. _____
2. _____
3. _____

What about a person you care about and are responsible for?
What words would you use to describe their symptoms?

