



Beech Brook

HELPING CHILDREN & FAMILIES THRIVE

If Someone I Love Gets Sick

Content by Katie Strang

Every day, people do lots of things to stay safe.



But sometimes, we still get hurt.



Right now, we do some extra things to prevent getting sick.



And sometimes, we still get sick.



When someone gets sick, the doctors take good care of them.



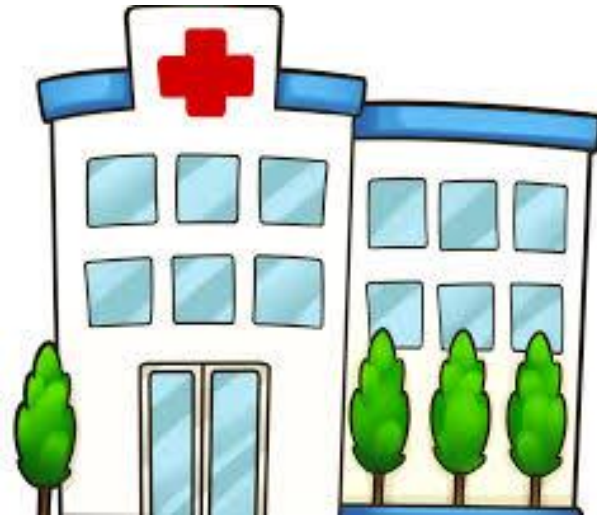
The doctor might say, “The person can stay at home.” When that happens, some things at home will probably change.



The person who is sick might have to stay in a room alone. When I can't show them I love them with hugs, I can show I love them other ways.



The doctor might say, “The person needs to come to the hospital.” An ambulance might come to my house to get them.



Even though I can't visit the hospital, I can still show I love the person in different ways.



If someone I loves gets sick, I might feel scared, sad, or angry. I can use words to talk about those feelings to a grown-up that I trust.



Its okay to feel worried and to have questions. I can ask a grown-up I trust to explain things to me in words I understand.



If someone I love gets sick, everyone will work together to help them get better.

