

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