

# YOUR HEALTH

ENGLISH



Bad  
Incorrect  
Wrong  
Do Not Do



Good  
Correct  
Right  
Do

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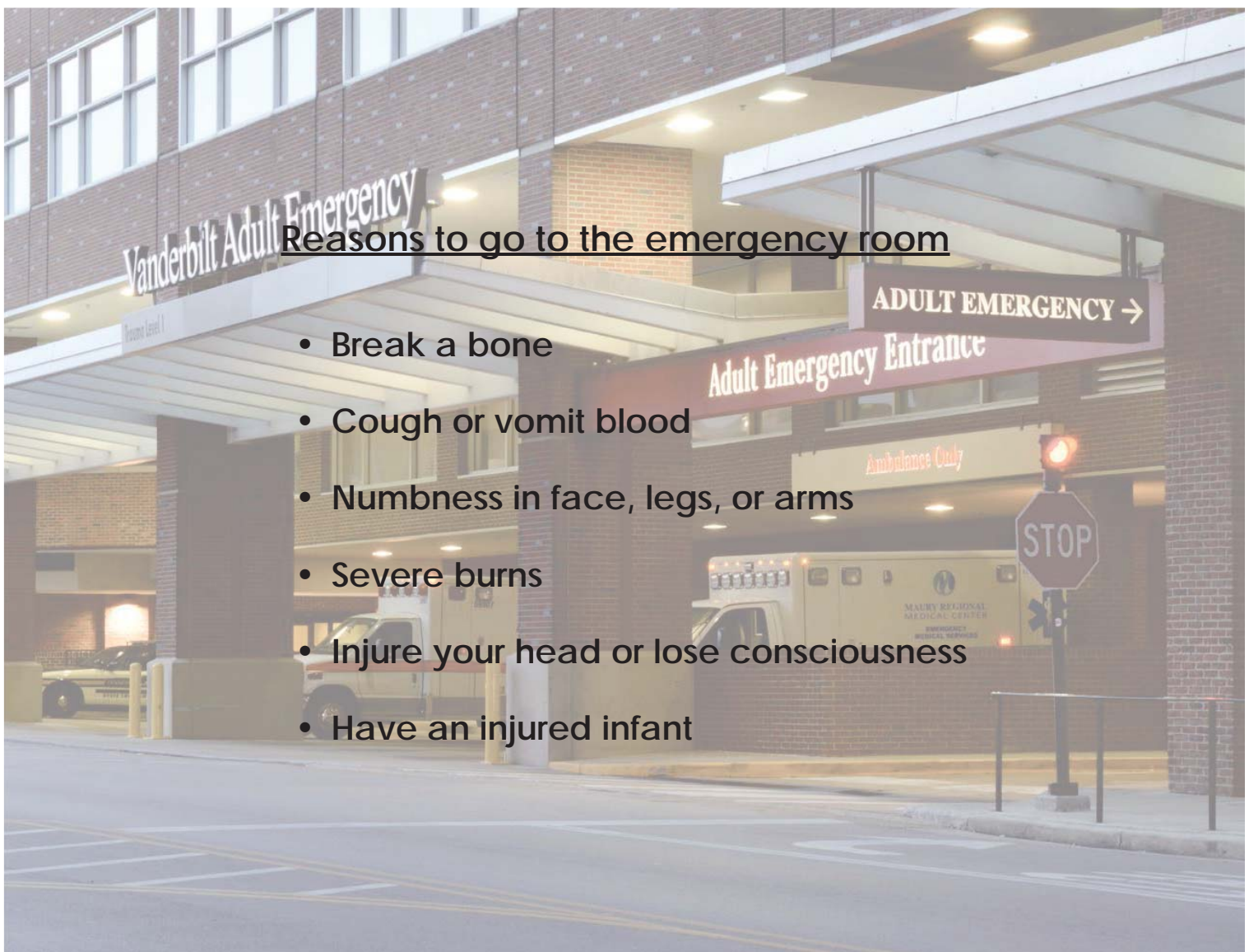


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When you call either of these,  
you need to say:  
"I speak \_\_\_\_\_."

# EMERGENCY ROOM

- The emergency room is only for very serious and sudden health problems
- If you use the emergency room when you don't have a serious and sudden health problem, you can get stuck with very large medical bills



## Reasons to go to the emergency room

- Break a bone
- Cough or vomit blood
- Numbness in face, legs, or arms
- Severe burns
- Injure your head or lose consciousness
- Have an injured infant



# FIRST AID



To cover small cuts



To help small cuts heal faster



To clean small injuries



To help small burns and bug bites

# HOW TO CHECK YOUR BODY'S TEMPERATURE



- Children under 1 year old should go to a doctor if their temperature is under **96** or above **100.4**
- Adults should go to a doctor if their temperature is over **103** and it will not come down with medicine

# MEDICINE WITHOUT A PRESCRIPTION

Some medicine is available at grocery stores and pharmacies without a prescription





# MEDICINE WITHOUT A PRESCRIPTION

Here are some examples of helpful medicines available without a prescription:



Pain / Fever



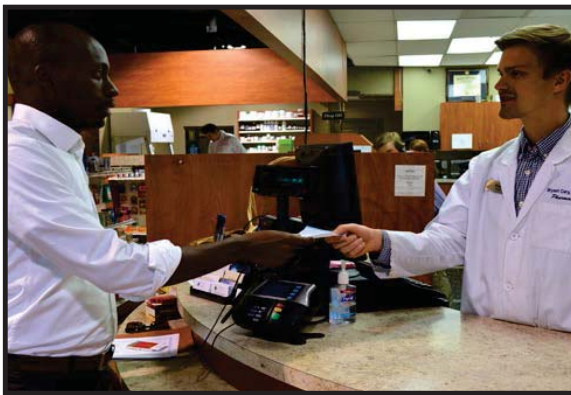
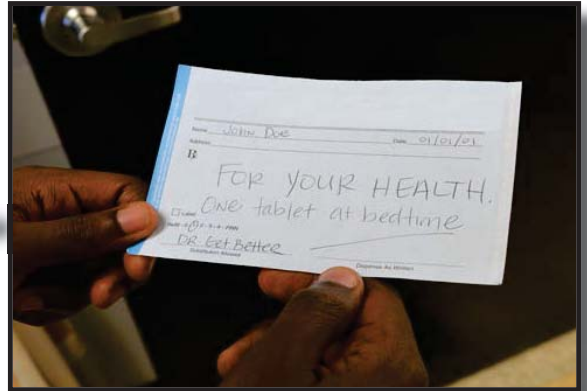
Upset Stomach



Heartburn

For children under 12, ask your doctor what medicines they can take without a prescription.

# PRESCRIPTIONS



# DOCTOR APPOINTMENTS

For doctor appointments, bring:



Driver's License



List of Medications



List of Health Problems



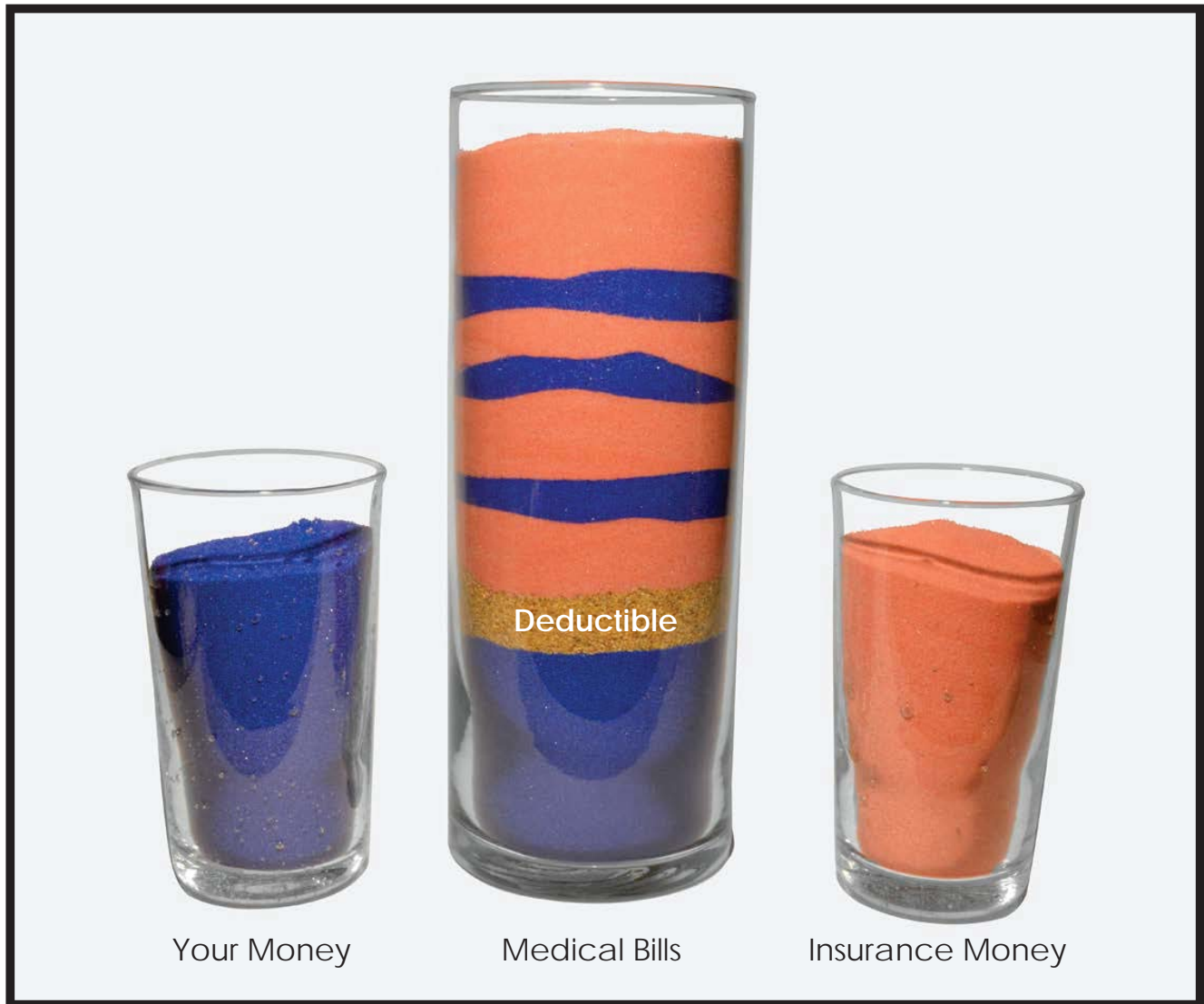
Health Insurance Card

If you cannot go to an appointment, call the doctor **24** hours before you are scheduled in order to cancel.



# INSURANCE

- Insurance is a service that you buy from a company that protects you from large medical bills
- Some people qualify for free or low-cost insurance from the state they live in
- The law requires most people to have insurance or pay a penalty. When your insurance ends, talk to a caseworker or call [1.800.312.2596](tel:18003122596)





# INSURANCE

Insurance can be very confusing. It is better to talk about this page with your caseworker

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## Insurance Terms

**Premium** ——— A specific amount of money that you pay each month for the insurance's protection against large medical bills

**Deductible** ——— The amount of money you must pay for your medical bills before the insurance will pay; the amount is only paid once each year

**Copay** ——— A specific amount of money that you pay for a specific medical service. You must pay before seeing a doctor

\* Insurance might not pay the whole cost of a medical bill. If it doesn't, you must pay the rest

# HEALTHY EATING



Eat about the size of two hands each day



Eat about the size of one hand each day

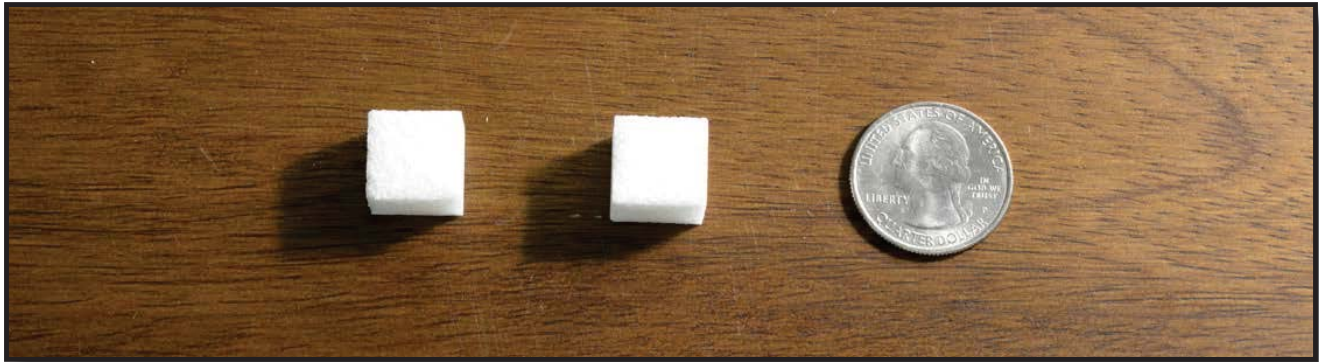


Eat about the size of your palm each day

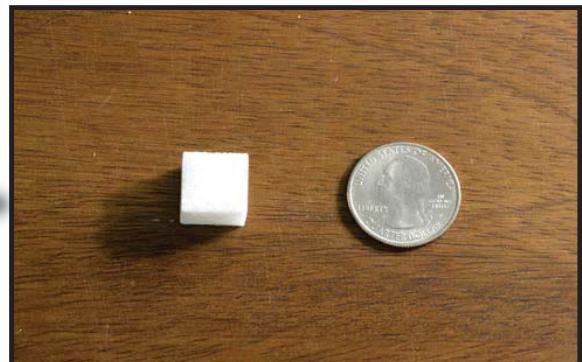


# SALT

To keep your heart healthy, you should not eat too much salt



This is the daily amount of salt you should eat

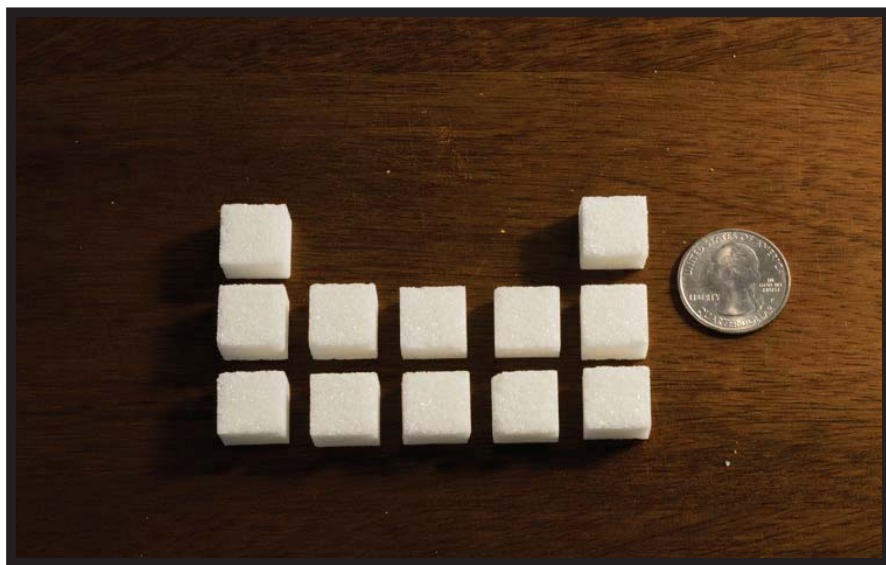


# SUGAR

- Be careful about added sugar
- Whole fruits and vegetables do not have added sugar
- Sodas, cookies, juices, and many other foods do have added sugar
- Too much sugar can hurt your body and increase your weight



For men, no more than **9** teaspoons of added sugar per day



For women, no more than **6** teaspoons of added sugar per day

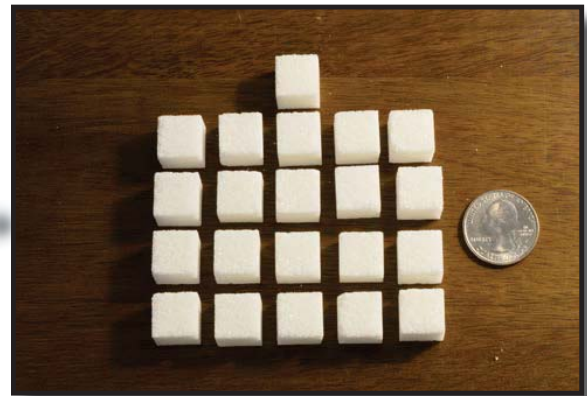


# SUGAR

Nutrition Facts / Información Nutricional	
Serv. Size/Tamaño de la Porción	1 Bottle/1 Botella
Amount Per Serving/Cantidad por Porción	
Calories/Calorías	160
% Daily Value* / % Valor Diario*	
Total Fat/Grasa Total	0g 0%
Sodium/Sodio	90mg 4%
Total Carb/Carb Totales	42g 14%
<b>Sugars/Azúcares</b>	<b>42g</b>
Protein/Proteínas	0g

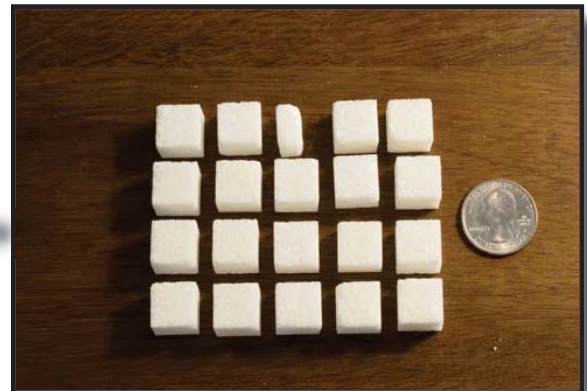
\*Percent Daily Values are based on a 2,000 calorie diet.  
\*Los porcentajes de Valores Diarios (DV) están basados en una dieta de 2,000 calorías.

CARBONATED WATER, SUGAR, CITRIC ACID, SODIUM BENZOATE (TO PROTECT TASTE), MODIFIED FOOD STARCH, NATURAL AND ARTIFICIAL FLAVORS, SUCROSE ACETATE ISOBUTYRATE, SODIUM POLYPHOSPHATES, COCONUT OIL, YELLOW 6, DIAMONATED VEGETABLE OIL, RED 40, DICETYL SODIUM DIPOSCONATE, AQUA CARBONATADA, AZÚCAR, ÁCIDO CÍTRICO, BENZOATO DE SODIO (PARA PROTEGER EL SABOR), ALMIDÓN MODIFICADO, CARBONANTES NATURALES Y ARTIFICIALES, ACETATO ISOBUTIRATO DE SACAROSA, POLIFOSFATOS DE SODIO, ACEITE DE COCONUT, ACEITE VEGETAL, INGENIERÍA, COLOR.



Nutrition Facts / Información Nutricional	
Serv. Size/Tamaño de la Porción	1 Bottle/1 Botella
Amount Per Serving/Cantidad por Porción	
Calories/Calorías	150
% Daily Value* / % Valor Diario*	
Total Fat/Grasa Total	0g 0%
Sodium/Sodio	85mg 3%
Total Carb/Carb Totales	39g 13%
<b>Sugars/Azúcares</b>	<b>39g</b>
Protein/Proteínas	0g

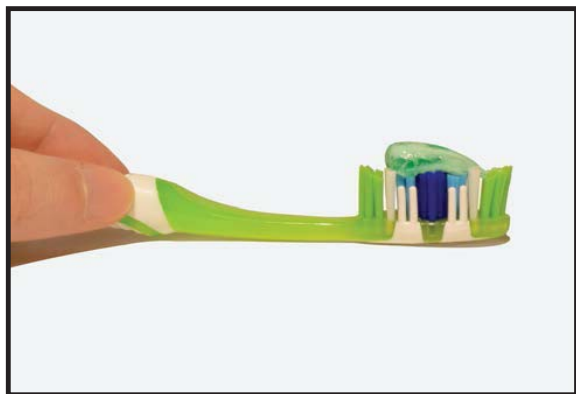
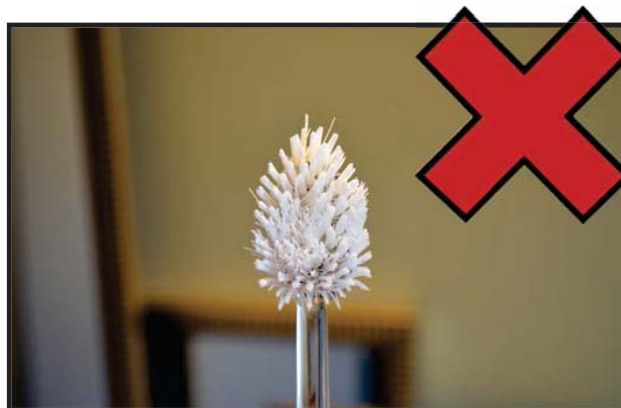
\*Percent Daily Values are based on a 2,000 calorie diet.  
\*Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías.



Quantity per 100g	
Energy (Kj/kcal)	1788/425
Fat (g)	11.7
Saturates (g)	6.7
Trans (g)	0.08
Carbohydrate (g)	76.3
<b>Sugars (g)</b>	<b>34.5</b>
Fibre (g)	2.8
Protein (g)	3.4
Salt (g)	0.3



# HEALTHY TEETH



Twice a Day



Once a Day



# HAND WASHING

Your hands can make you and others sick  
Wash them often



# HEALTHY HABITS



For Hair



Each day

For Body



Each day

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For Armpit



Each day

Exercise



4 days each week



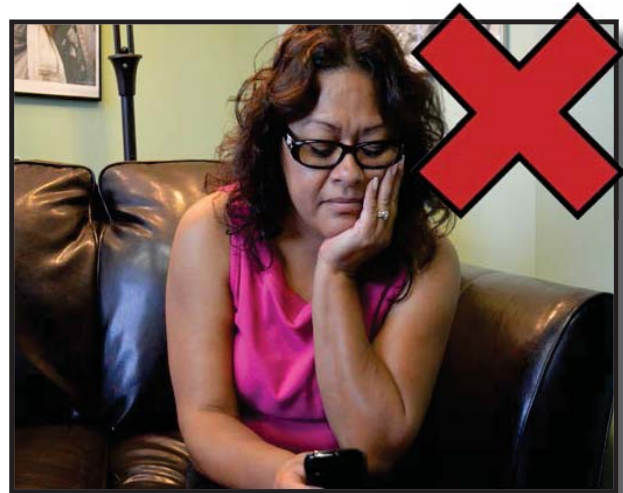
# HEALTHY HABITS

- To stay healthy, exercise 4 times each week for at least 30 minutes
  - Exercise is when your body is moving and your heart is beating faster than normal
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Here are two examples of exercise:



Walking and Running



Sitting



Playing Soccer



Watching TV

# SMOKING

- Smoking is very dangerous for your whole body and every one around you
- The government does not want you to smoke, so they make the price very expensive
- People who smoke for a long time have a high risk of dying early
- If you want to stop smoking, speak with your doctor



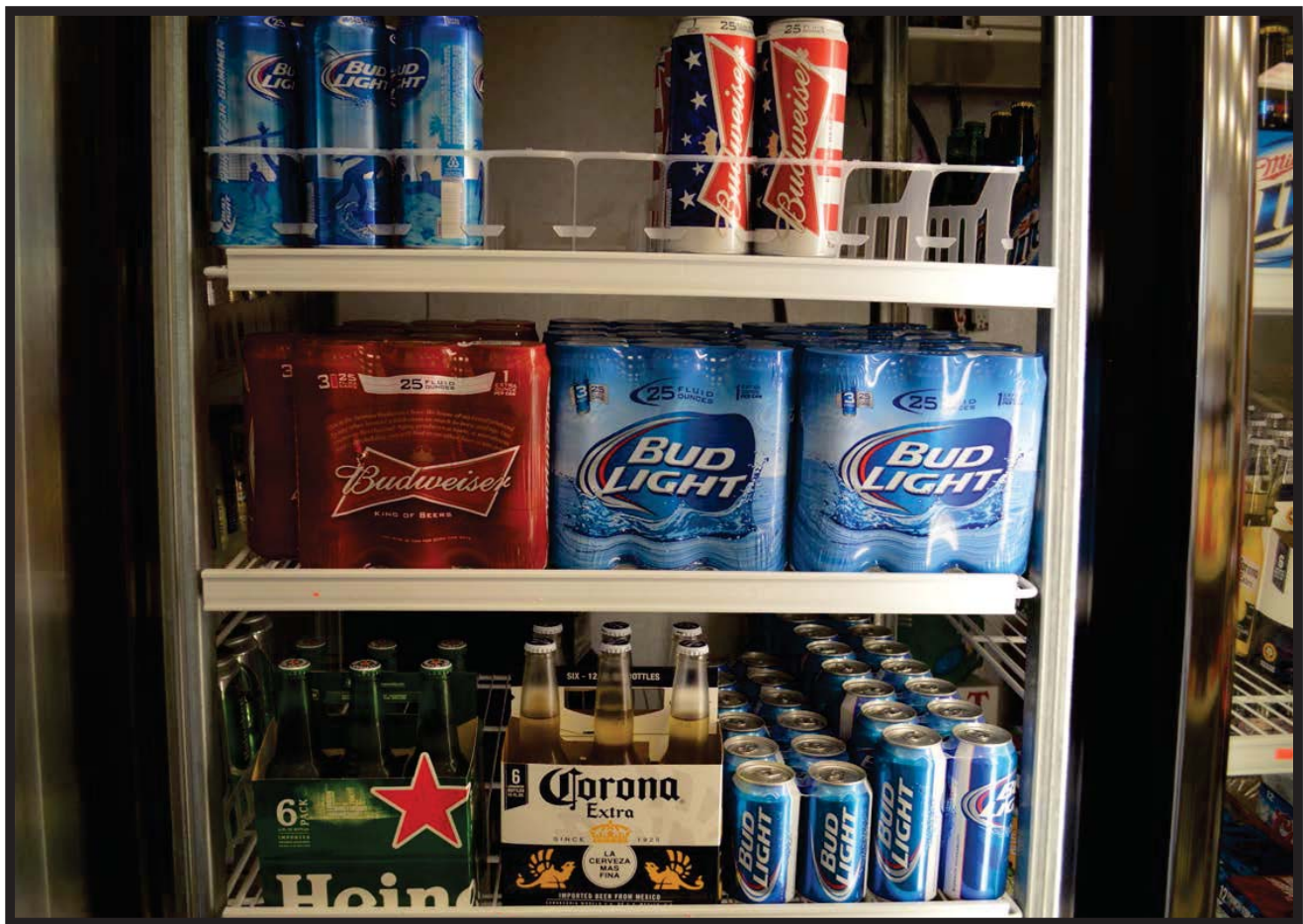
Do not smoke around children



Do not smoke inside or near doors

# ALCOHOL

- If you choose to drink alcohol, it is very important that you drink responsibly
  - You should not drink alcohol and then drive a car. If you do and get caught by the police, you will get in very serious trouble
  - Drinking a lot of alcohol can cause serious problems with your health
- If you need help not drinking alcohol, talk to a caseworker or doctor





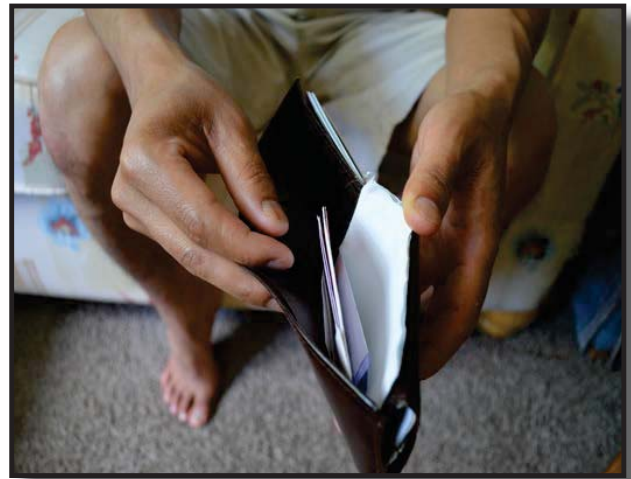
# STRESS

- Every adult and child feel stress at some points in their life
  - It's ok to feel stress
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Some causes of stress are:



New Home



No Money



New Language



No Work



# WAYS TO RELAX

If you have stress that doesn't go away, you should speak with a caseworker or doctor

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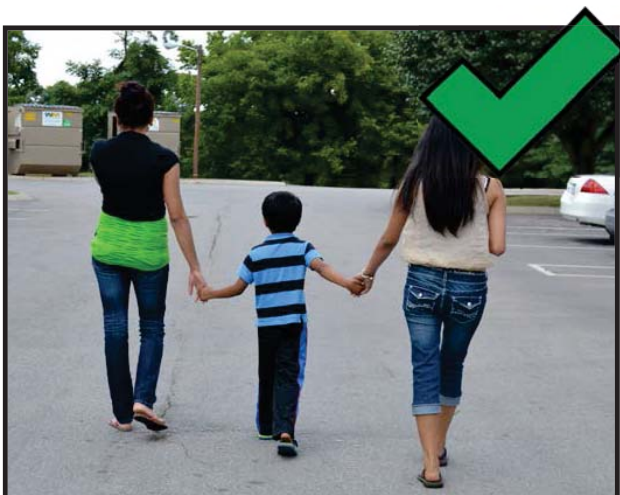
Some ways people deal with stress are:



Talking with Friends



Watching TV



Exercise



Smoking

# VIOLENCE AGAINST OTHERS

- Being violent to any adult or child is against the law. You can get in a lot of trouble
- In America, if someone is violent to you, you can get protection. Call **911** for help



# SADNESS

- Even though you were happy to come to America, you may still get sad here
- This is ok, and will probably get better with time
- If your sadness does not get better with time, you should talk to your doctor
- Many people with long-lasting sadness need help from a doctor to feel better again





# SUICIDE

Sometimes people think about  
ending their lives.

If you ever have thoughts of  
wanting to kill yourself,  
please speak with a doctor,  
or call

**1.800.273.8255.**

You can call this number to help your  
friends and family too

# POISON

- Cleaning chemicals can poison you
- Keep chemicals and medicine away from young children



If someone eats or drinks poison,  
call

immediately





The development of this project is based on feedback received from health education courses provided through the Tennessee Office for Refugees' Preventative Health Program. After two years of health education and evaluation, funded partners recommended the need to create a collection of materials that would reinforce topics covered during those health classes that clients could access at home.

After collaborating with program staff at the Office of Refugee Resettlement (ORR/ACF/DHHS), this booklet was produced to provide a visual guide to health topics appropriate to the refugee community. Every effort was made to keep medical terminology basic and at a minimum. The objective for every topic was to use plain writing with accompanying pictures whenever possible.

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If your agency is interested in printing booklets to supplement your health education efforts, we are happy to share high-quality PDFs. Please contact the Tennessee Office for Refugees at [torinfo@cctenn.org](mailto:torinfo@cctenn.org).



Tennessee Office  
★ ★ for Refugees  
*"Be not forgetful to entertain strangers: for thereby some have entertained angels unawares."*