



Vocabulary words

- Appointment
- Cough
- Dizzy
- Dehydrated
- Fever
- Home Remedies
- Symptoms
- Signs

A Visit to the Doctor

When to See a Doctor

Sometimes it is hard to decide if you should see a doctor. If you want to see a doctor, you have to make an appointment. You may also need to take some time off from work. Many people think it is okay to take medicine they have at home. Taking medicine you have may not always help. It might even be dangerous. So, how do you know if you really need to see a doctor right away, or if you can wait? It is important to look out for any signs and symptoms you may have.

Common signs and symptoms to look for:

- You have trouble breathing.
- You have a bad cough lasting more than a few weeks.
- You are dehydrated. This means that your body does not have enough liquids to keep working well.
- You feel shaky and tired all of the time.
- You have a high fever or chills.
- You have a lot of pain which gets in the way of your every day activities.
- You feel dizzy. Dizzy spells can be very serious and harmful.
- You recently lost or gained a lot of weight without wanting to.
- You cannot sleep at night. This has lasted for more than a few weeks.

You can wait to see a doctor if you have a runny nose for a few days or a small cut on your arm. Things like this can heal themselves in a few days. But, if any of your signs and symptoms last a long time, it is always good to see a doctor.

Preparing for Your Visit

Now that you are ready to see the doctor, there are a few things you should keep in mind:

- Write down a list of your signs or symptoms so that you do not forget them. Take this list with you to your appointment.
- Write down questions for your doctor and take them with you.
- Take a list of all the medicines you are taking; include vitamins and home remedies on the list. If you do not make a list, take your medicines with you to your visit. It is important that your doctor knows everything you are taking, even things like herbal teas.
- Get to your appointment early to fill out forms.

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- Take your insurance card with you. If you do not have insurance, call the clinic before your appointment. Ask what records and papers you will need.
- Speak up! If you do not understand what the doctor tells you, ask him/her to explain it again. Or have the doctor write it down for you. Do not be embarrassed. Medical information can be hard to understand.
- If there is something you want to talk about with your doctor, and he does not bring it up, ask him/her. Doctors are very busy. Sometimes they are just thinking about taking care of your immediate problem.
- If you can, bring someone with you to your appointment. The person can help you remember questions you forgot to ask, and things the doctor told you. The person can also give you moral support and make waiting easier.

Vocabulary & Definitions A Visit to the Doctor

Appointment:	When you agree to meet with someone else at a specific time and place, for example, an appointment at a doctor's office.
Cough:	To push air out of the throat with a sudden rough sound.
Dizzy:	When you feel that your body cannot keep its balance.
Dehydrated:	When the body loses a lot of liquids and the liquids are not put back. This can happen when a person sweats a lot but does not drink anything, or when a person has diarrhea or vomits.
Fever:	A body temperature that is higher than 98.6.
Home Remedies:	Things that you can do at home to help take away some of the signs and symptoms of a sickness without using regular medicine, for example, drinking tea to take a stomachache away, etc.
Symptom:	Something that you can feel like a headache or a stomachache.
Sign:	Something you can see or measure, like a fever or a rash.

NOTE:
 Did you know that there is a toll-free number that can help you find the closest health center or clinic near you anywhere in the US?
Call "Call for Health" at 1-800-377-9968 to get more information on their services.



A Visit to the Doctor Practice Worksheet

Name: _____

Date: _____

➤ Let's Read!

Mario is a healthy, young farmworker. He has been doing farm work for about one year. Yesterday was very hot and humid. There was a lot of work for Mario to do, so Mario started work early. After working for about two hours, Mario started to feel very dizzy; but he ignored it, thinking it would go away, and kept working. A few hours later, Mario fainted. His supervisor saw him, and quickly took Mario to the hospital. After the doctor examined Mario, he told him that he had fainted because he was dehydrated. The doctor explained to Mario that it is important to drink plenty of water and take breaks to cool off to prevent dehydration. Mario now pays attention to his signs and symptoms. He drinks plenty of water, and he takes breaks often.

1. What signs or symptoms did Mario have?

2. What are some things that Mario should look for the next time he feels sick?

3. What should Mario do to stay hydrated?

➤ Making a personal plan

4. What should you do to prepare for a doctor's visit?

➤ Dialogue

5. Let's make an appointment.

Fill in the blanks with the following words:
Fever/Symptoms/Appointment/Cough

A: Good morning. I would like to make an _____.

B: Sure. What is your name?

A: My name is Pedro.

B: Why do you want to see the doctor? What are your _____?

A: I feel warm and my body hurts. I think I have a _____. I have also had a _____ for the past two weeks.

B: Ok. You have an appointment next Monday at 10:00 am. Please be here 15 minutes before your appointment. You will need to fill out some forms.

A: Thank you. Good bye.



A visit to the Doctor
Pre-Post Workshop Survey

Name: _____

Date: _____

1. Why is it important to go to the doctor?

2. What is the difference between a sign and a symptom?

3. What are some common signs and symptoms you need to look for when you are sick?

4. What can you do to prepare for a doctor's visit?

Lesson Plan

A Visit to the Doctor/Una vista al doctor

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and dry erase markers • Pencils 	<ul style="list-style-type: none"> • “A Visit to the Doctor” Lesson • Vocabulary & Definitions Handout • Skills Practice Worksheet • Pre-post Survey 	<ul style="list-style-type: none"> • 1 Hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic. • Conduct the Pre-Survey. • Introduce the new vocabulary. 	<ol style="list-style-type: none"> 1. How many of you have been to the doctor recently? 2. How did you know it was time to go? 3. What can you do to get ready for your doctor’s visit? <ul style="list-style-type: none"> • Distribute Pre-Survey, and ask students to turn it in to you when complete. • Write vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions. (Use Vocabulary & Definitions Handout)
Instructions	<ul style="list-style-type: none"> • Read the lesson on “A Visit to the Doctor”. • Identify the vocabulary words in the reading. • Review the <i>skills practice worksheet</i> with the students, and ask them to complete it. 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Instructor distributes skills practice worksheet and reviews it with students. Instructor provides students with 15 minutes to complete it. • Once complete instructor reviews answers with students.
Concept Check	<ul style="list-style-type: none"> • Conduct Post Test 	<ul style="list-style-type: none"> • Students complete Post-Survey.