Health
Self check

When our immune system is weak, different viruses and diseases can make us sick, sometimes seriously ill.

When something is not going well, the body will give us signs ("danger signs") and warn us to take actions.

If you experience any of these danger signs, go to see a nurse/doctor.

In the clinic the medical team will check your health and give you the treatment you need to recover your immunity and be strong again.

TAKE YOUR MEDICATIONS REGULARLY

GO TO THE CLINIC FOR YOUR REGULAR APPOINTMENTS AND WHEN YOU HAVE A DANGER SIGN

Health
Self referral to the clinic when immunity is weak
**Self-check for danger signs**

- You cannot walk without aid/help
  Or you stay in bed all day long

- You have fever

- You breathe fast or have difficulties breathing

- Your heart beats fast

- You feel dizzy or fainting while sitting or standing

- You feel thirsty/your mouth and lips are dry, your skin is very dry with cracks after you have a lot of vomiting or diarrhoea (passing loose stool more than 3 times per day) or high fever

- You get confused; you are not fully aware of your surrounding/place/time/people

- Your behaviour has changed
  You are not acting “normally” or as usual

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**Self-referral to clinic**

**If you have one or more danger signs**

**DO NOT WAIT,**

**Go to the clinic and seek for medical help**

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**Self-check for danger signs**

- You have been coughing, have night sweats or lost weight;
- You have a chest pain

- The white part of your eyes becomes yellow(ish)

- You have strong headaches that persist and don’t improve with medication

- You had a seizure

- Any part of your face or body gets weak or numb so that it is difficult or not possible to move it

- You had a rapid changes in your vision/hearing; you became sensitive to light

- Your neck feels stiff

- You feel pain and have difficulty in swallowing food or drinks

- You have small and painful blisters or ulcers in lips/mouth or genitals