



What to do when I'm unwell

This is also known as an acute plan or emergency plan.
You might already have a plan.

- ▶ When you become unwell, this can be scary. The good news is you can do something about it by being prepared and making a plan.

Feeling well

How do I know?

What can I do when I'm feeling great?

Starting to feel unwell

How do I know?

What should I do when I'm starting to feel unwell?

Getting worse

How do I know?

What should I do when I'm getting worse?

Emergency

How do I know?

What should I do when this happens?