

**What does it mean to be healthy?**



**Medicine**



Medicines can help us feel better. Healthcare professionals can help us to take medicine safely.

We need to take the right medicine, the right amount and at the right time.

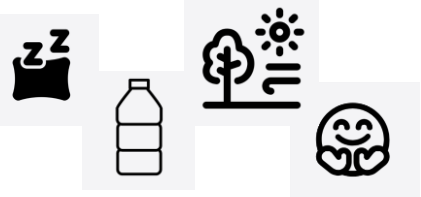
**Injections**

They help to prevent illness.



**What can I do to feel better when I am poorly?**

- Sleep
- Have a cuddle
- Drink water
- Get some fresh air



**Being safe with medicines and substances**

Warning symbols:



**Vocabulary Tier 2**

Healthy  
Medicine  
Drug

**Vocabulary Tier 3**

Harmful  
Substance

