

How to know if you need to see a doctor

About Easy Read

Easier words with pictures to help explain some ideas.

Signs of sickness

Front cover of guide with words Signs of sickness and picture of man holding head in pain

This is a guide to help you know if you need to see a doctor.

It is about signs and symptoms of being sick.

The guide shares many stories about people who have signs of sickness.

The guide says whether you should:

- see a **doctor** this week
- see a doctor today
- call an ambulance now, using **Triple Zero 000**.

If you are worried about your health, you should talk to a doctor.

This guide is about signs and symptoms of being sick. Symptoms is another word for signs of sickness.

The guide shares many stories about people who have signs of sickness. There are stories about sick bodies, like itchy skin and broken bones. There are stories about thoughts and feeling, like feeling sad all the time.

The guide says whether you should:

- see a doctor this week
- see a doctor today
- call an ambulance now, using 000.

If you are worried about your health, you should talk to a doctor.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can [follow our guide to know if health information is true and right for you.](#)

This resource was made by

Council for Intellectual Disability

A disability rights organisation led by people with intellectual disability.

- [Visit website](#)