

Help manage symptoms at home

1 What symptom?



Pain



Short of breath



Rattly breathing



Feeling sick in the gut



Restlessness



Stress



Troubling visions, sounds, thoughts



Fitting

4 Give the medicine

Give the medicine under the skin

3 What medicine?

What medicine to give?

2 How worrying is it?

5 Fill in the Medicines book

6 Wait 20 minutes



7 Fill in the Medicines book

Need help? Ring the clinic. 

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