

This book is part of the Inuutsiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktitut guided reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktitut reading program that supports students in their development from emergent to fluent readers.

Healthy students are better learners and become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

Book details

Level: 10

Text Type: Fiction

Subject/themes: Symptoms of illness, how and when to take medicine, positive daily health habits

Key features: Dialogue, third-person point of view, past tense

When I Am Sick

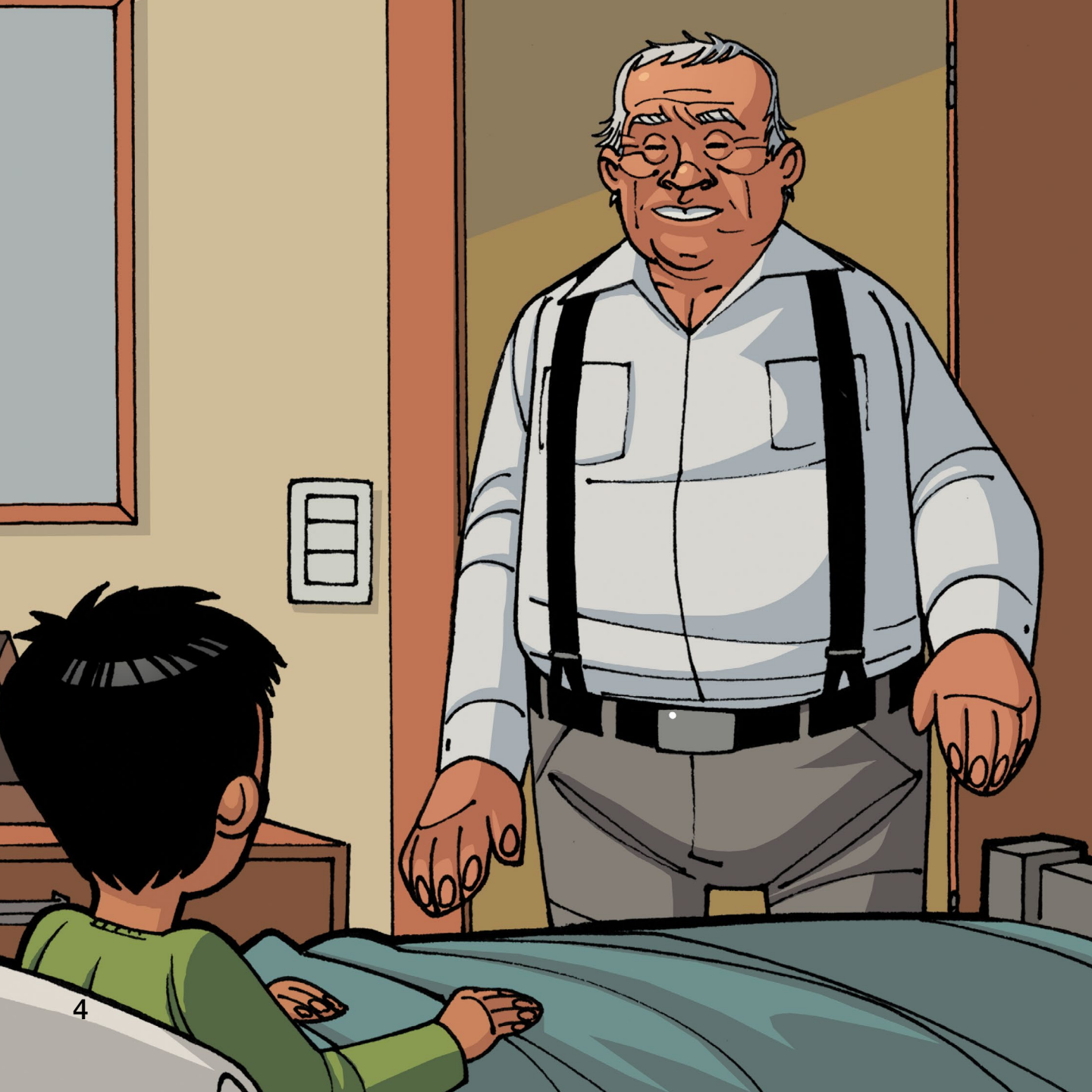


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Illustrated by
Nicolas Giacondino

When Peter woke up Saturday morning,
he was eager to get out of bed.
He and his friends planned to play outside all day.
“Achoo!” Peter sneezed.
Then he started coughing.

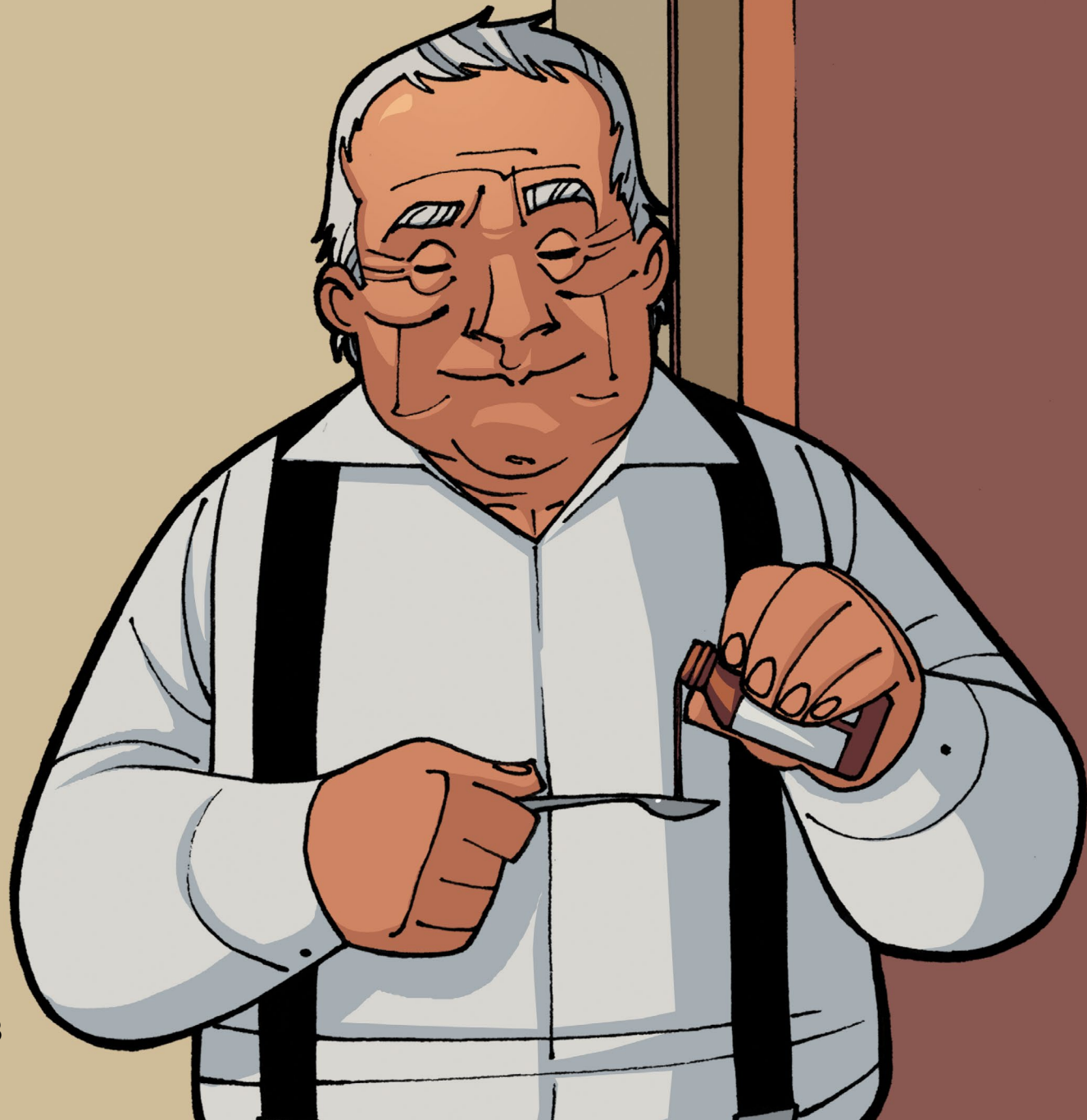




Grandpa came in and said,
“Time for breakfast, Peter! Why are you still in bed?”
Peter’s coughs were loud and hurt his chest.
He said, “I feel sick. I do not want to be sick.”

Grandpa said, "It sounds like you have a cold."
Peter sneezed. His head felt heavy and he coughed
again. Grandpa called Peter's sister Charlotte
for advice. Charlotte was a nurse and helped
lots of people in the community.





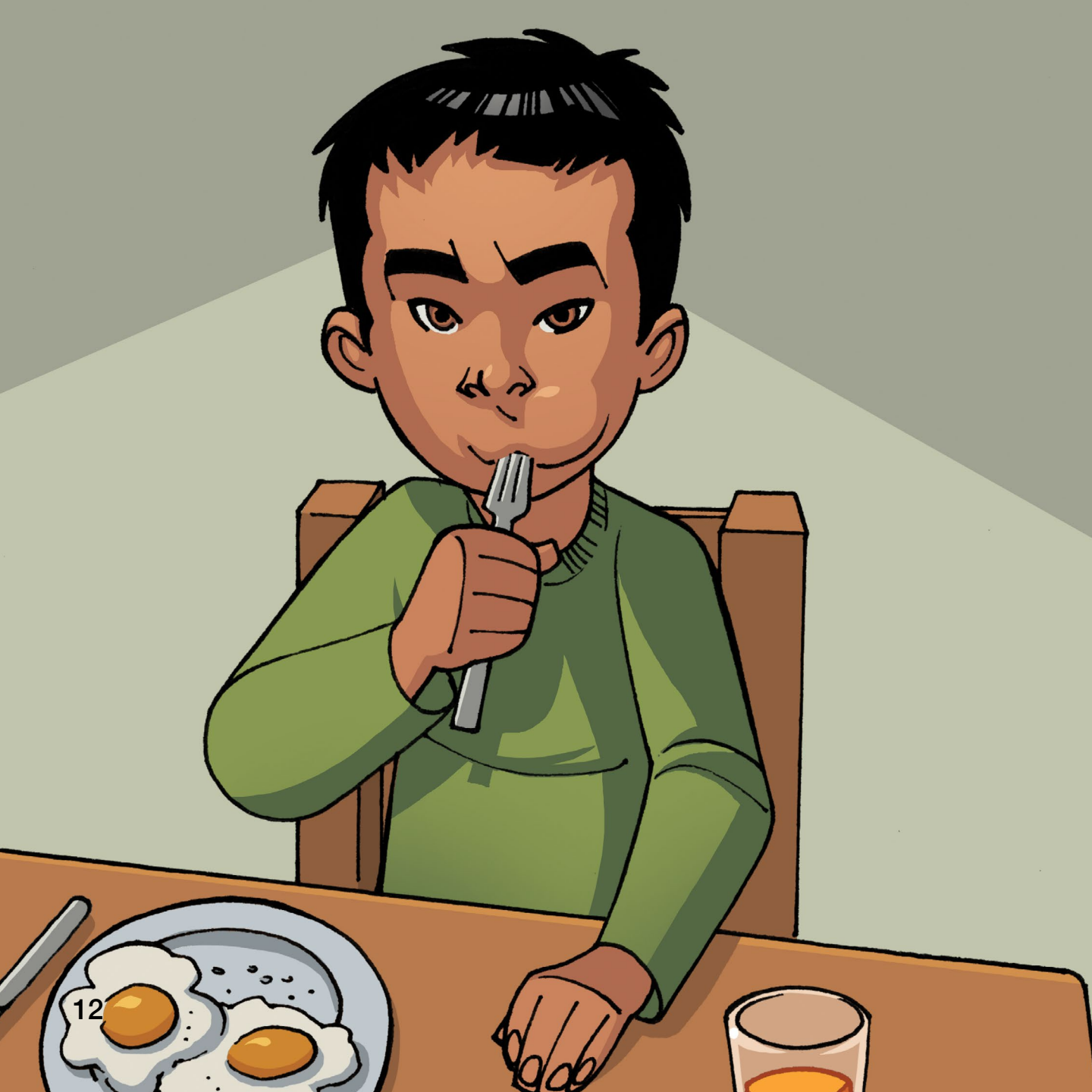
Grandpa came back with fried eggs, carrots, a piece of whole wheat toast, a glass of water, and a brown plastic bottle.

“Charlotte said to take this cough syrup to help stop your coughing,” Grandpa explained. Grandpa carefully poured purple liquid from the bottle into a measuring spoon.

Peter swallowed the cough syrup and made a face.
It was a little sweet but also bitter.
“This tastes awful!” he said.

Grandpa chuckled and said, “Eat your breakfast,
drink some water, and stay in bed.
That way your body will have the energy it needs
to fight off your cold.”





Peter did not want to stay in bed. He wanted to see his friends and play games outside. As Peter ate his eggs and drank his water, he realized something amazing. He still felt sick, but he was not coughing anymore!

Then Grandpa had a surprise for Peter.
Charlotte had come to visit!
“How are you feeling?” Charlotte asked.

“The cough syrup worked!” Peter said.
He asked, “Can I have more? That way
I can get rid of my cold and go play!”





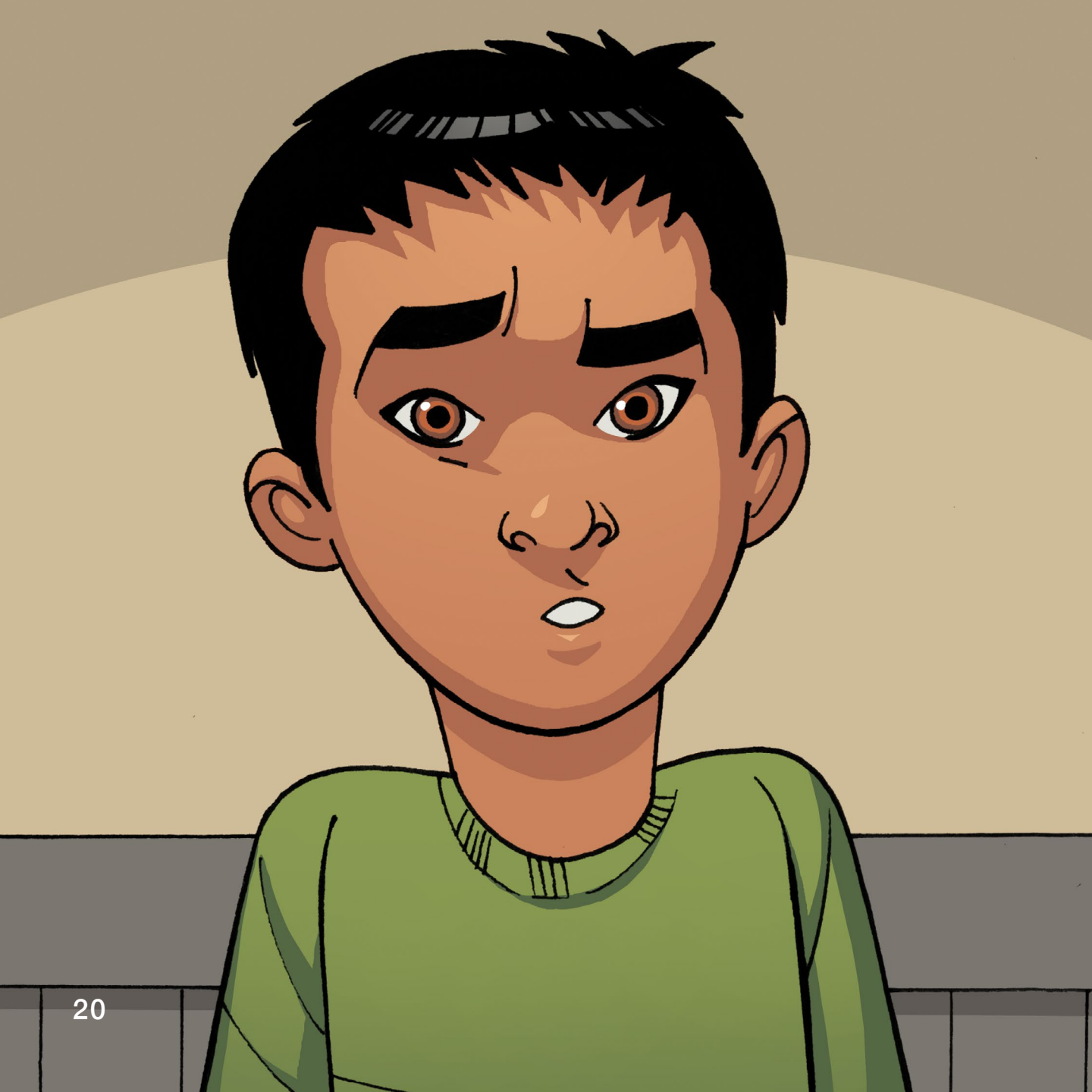
“That is not how medicines work,” said Charlotte. She explained that if you take a medicine too often or if you take too much of it, it can make you even more sick instead of helping you get better.

Peter thought Charlotte must be joking.

“You can read the label on your medicine to find out how much is safe to take, and how often,” Charlotte added.

“Medicines can make you sick if you do not follow the directions,” Charlotte said seriously. Grandpa explained that medicines are actually a type of drug. Medicines can hurt us if we do not take them correctly.





“But drugs can hurt us!” Peter said.
He did not know how the cough syrup that
helped him stop coughing could be a drug.
Charlotte explained that medicines are
safe to take when we are sick.
But medicines can also be dangerous.

“Medicines are only safe to take when a trusted adult says it is okay, and when we follow the directions,” Charlotte explained.

“When you are sick, doctors and nurses like Charlotte can help you get better,” Grandpa said.





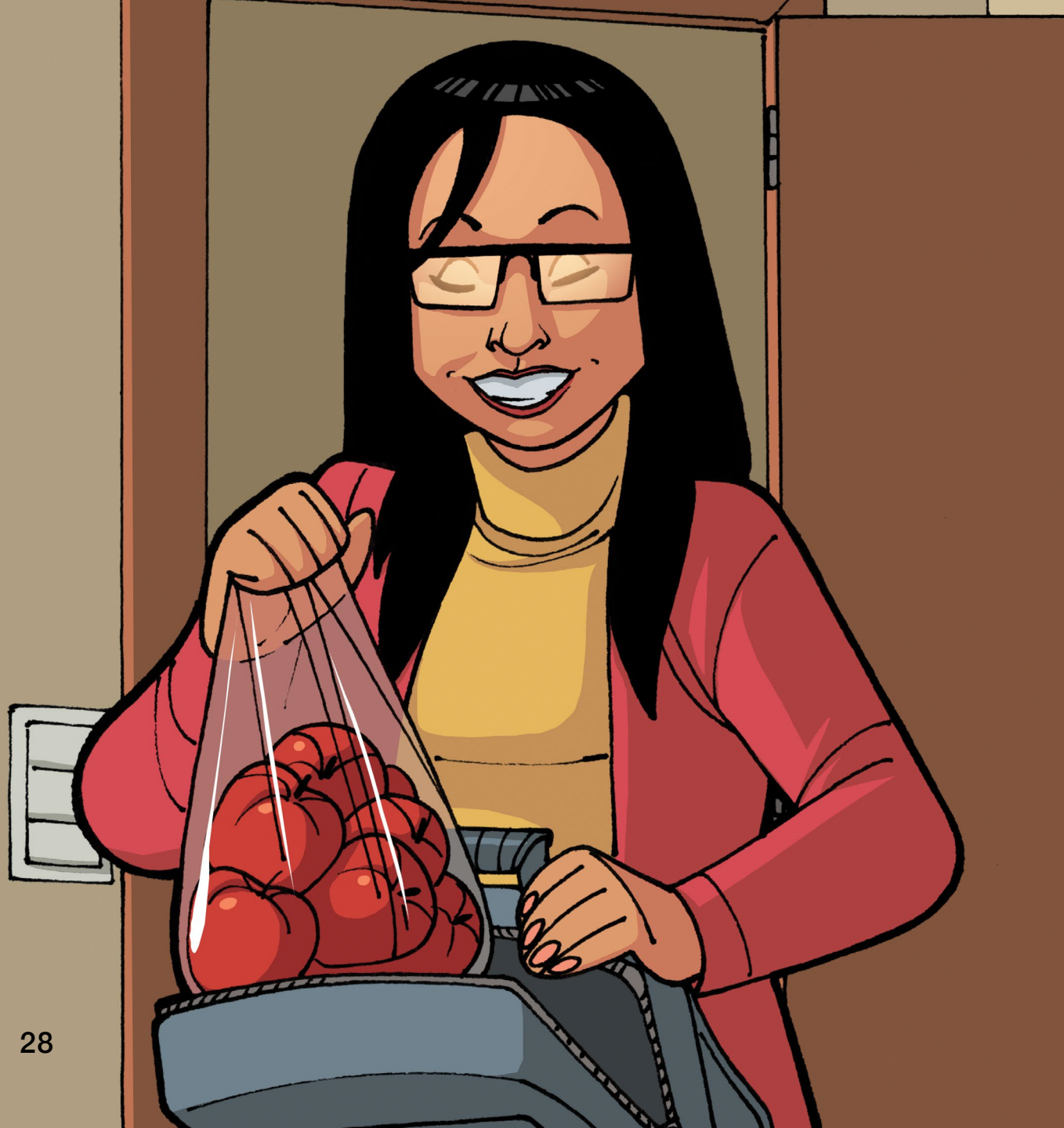
Grandpa said, "If you take the correct amount at the right time, medicines help you feel better."

"But if you take too much cough syrup, you feel more sick and can harm your body," Charlotte said.

“That is why you can only get some medicines from doctors, nurses, and pharmacists,” Grandpa said.

Peter sneezed loudly. Charlotte passed him some tissues to blow his nose.
“I’m going to wash my hands,” Peter said.
Charlotte smiled.



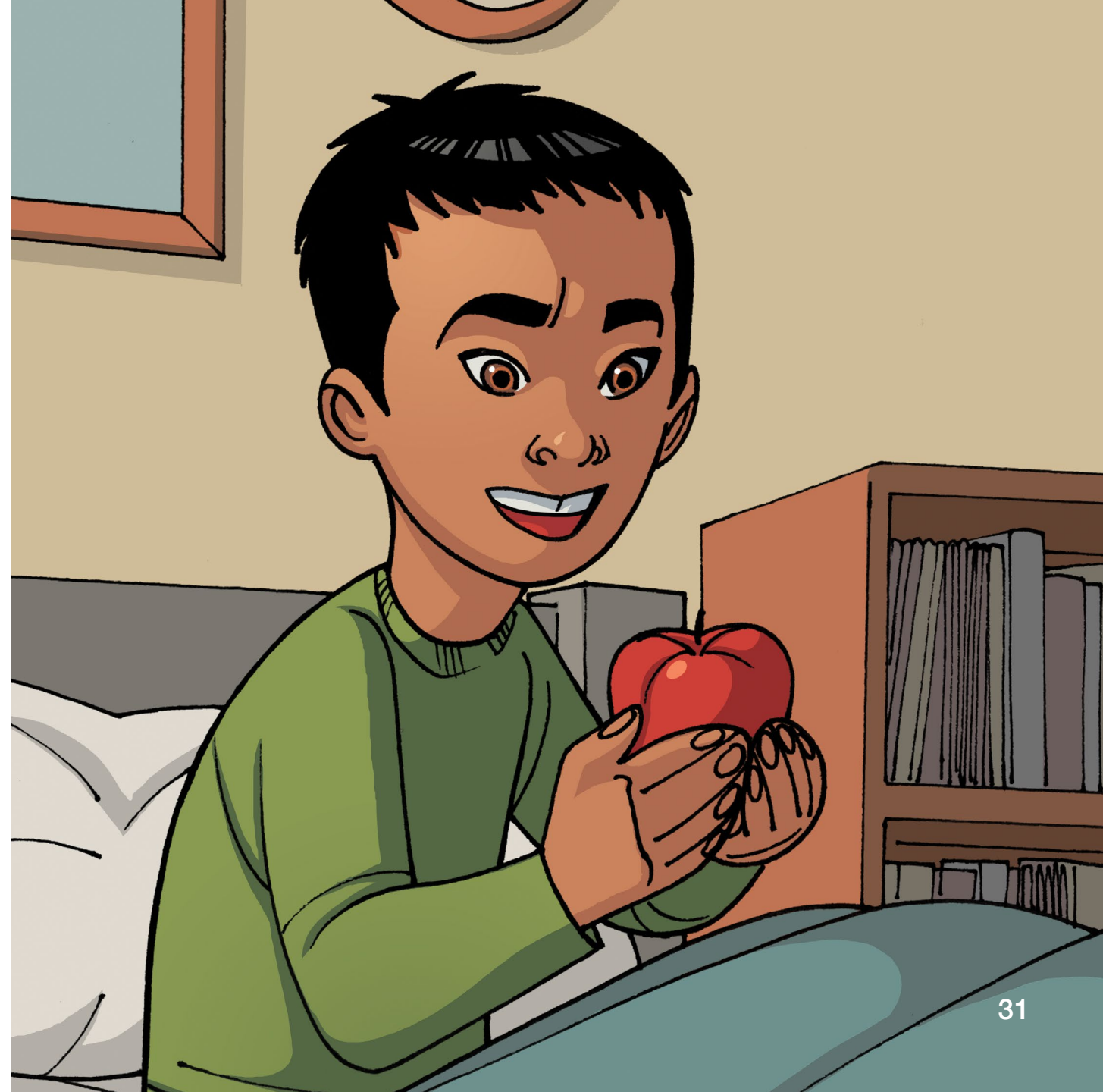


Then Charlotte reached into her backpack. She pulled out a bag of apples and handed a shiny red apple to Peter.

Peter took the apple from her.

Charlotte said, "Eating healthy foods like country food, vegetables, or fruits will help you get better faster."

“I understand,” Peter said.
“When I am sick, I can drink water, get a lot of rest,
and take medicine when a trusted adult says it is
safe and makes sure I follow the directions.
And eat lots of apples!”



Peter got lots of rest and read an exciting book.
With Grandpa's help, he followed the directions and took
the cough syrup correctly when he needed it next.

By the time it was Monday,
he was all better and ready to play games!



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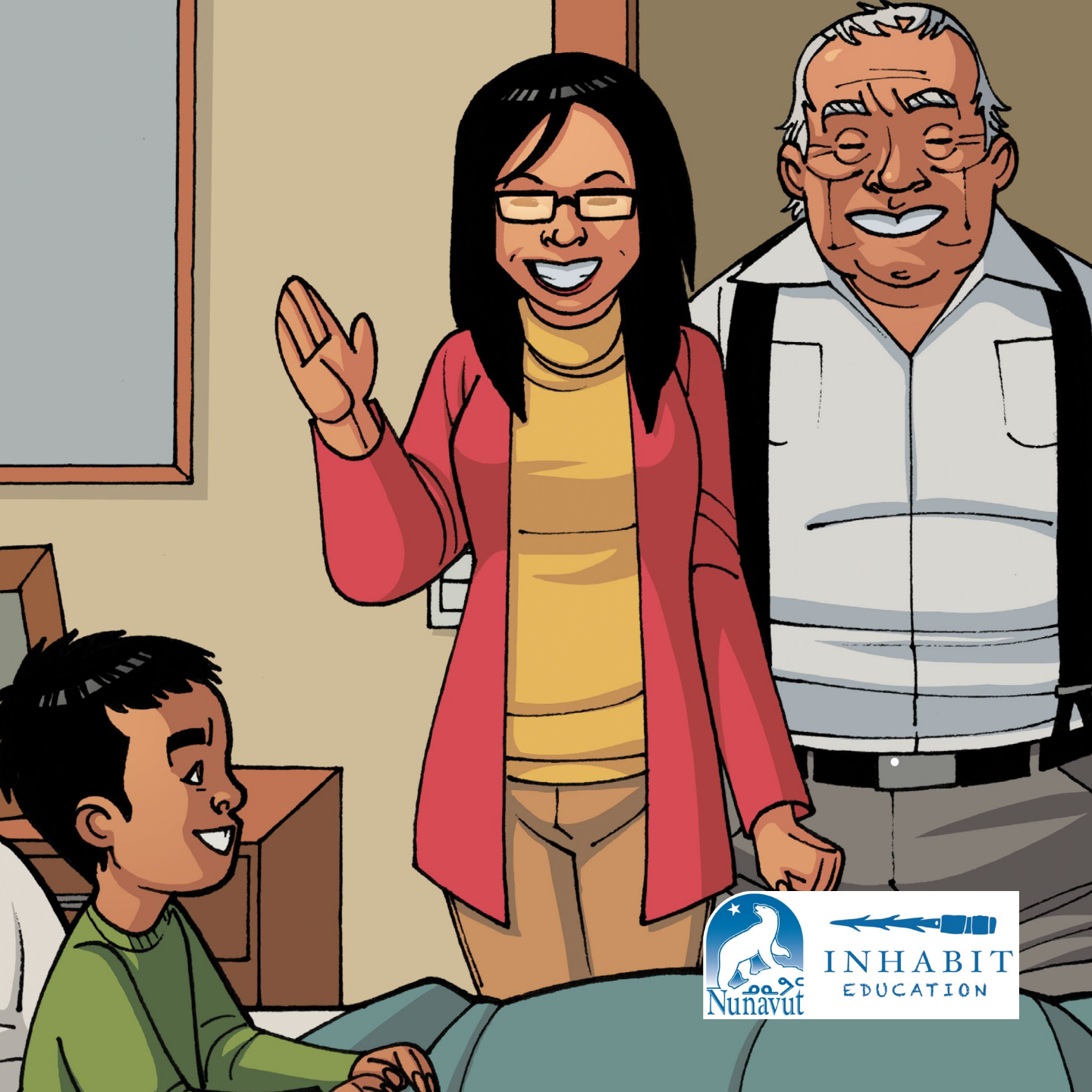
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