

Time Away from Home Worksheet:

Safety and Warning Signs

1. Describe any safety issues that I need to think about when I am in a new place away from home. *(For example: balance if climbing hills, vision issues, hearing issues in traffic, etc.)*

TIP: You probably know what to avoid when at home. But do you know what to look out for when you are in a different situation or environment?

2. Are there any special things I need to avoid? *(For example: metal detectors, microwaves, things that may trigger asthma, bee stings, etc.)*

3. Describe my “normal” health and vital signs when I feel well. What are signs and symptoms that show a problem may be starting?

4. What will I do if I don’t feel well?

(Things to consider: Who should I tell if I’m not feeling well? Who will be responsible for helping me?)

5. What should others do if I don’t feel well?

(Things to consider: Who should they contact? Do they know where to find information they might need?)

