

What is preventive health care?



Many things can

- Support you to be healthy



- Make it harder for you to be healthy



For example it can be harder for you to be healthy if you do not have a healthy weight.



A healthy weight is different for everyone.



It can also be harder for you to be healthy if you do not protect yourself when you are in the sun.



You might protect yourself from the sun by wearing

- SPF30+ or more sunscreen



- A hat



- Clothes that cover your body



You can also protect yourself by sitting in the shade.



It can also be harder for you to be healthy if you

- Drink lots of alcohol
- Use illegal drugs



Illegal drugs are substances that

- Can hurt you



- The law says you should not have

Laws are a set of rules that everyone must follow.



You can be supported to be healthy by

- Eating a balanced diet



- Moving your body



- Doing things that protect you from infection

For example washing your hands.



You can also be supported to be healthy by not using tobacco.

Tobacco is a chemical that is in

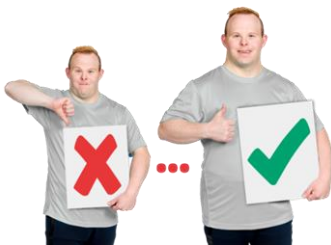
- Cigarettes
- Cigars
- Chewing tobacco
- E-cigarettes



Tobacco use is when people use these things.



Preventive health care is something that can support people to be healthy



Preventive health care are things that support people to

- Stay healthy
- Get better quickly when they are sick



There are different types of preventive health care.

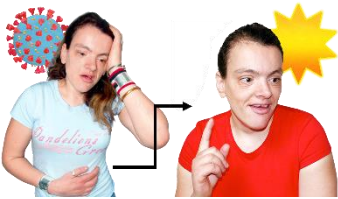


Some types of preventive health care support you to

- Stay healthy



- Get health checks



- Get better faster or not get worse if you are already sick or hurt



You might use preventive health care to **stay healthy** by brushing your teeth twice a day.



You might get a **preventive health check** at the dentist every 6 months.



The dentist might give you medicine if you have an infection.

This is so you can **get better faster and not get worse.**

Medicine is sometimes called medication or drugs.



Medicine can be in

- A tablet
- A pill
- A drink
- An injection



Different people can provide these types of preventive health care.



This could be provided by

- Yourself



- Your GP



- Other people or organisations

You might want more information about



- Different types of preventive health care
- Who can provide this care to you

If you want more information please see Easy Read documents



- Preventive health care to stay healthy



- Preventive health checks



- Preventive health care to get better faster or not get worse



Who wrote this Easy Read

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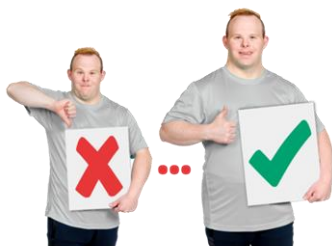


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Where these people work

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Also known as 3DN.



This information sheet is part of a series of easy read resources about

- Different types of preventive health care
- Who can provide this care



For information on how to support people to use Easy Read go to

www.3dn.unsw.edu.au/professionals_toolkit

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No changes can be made without asking the people who wrote this sheet.