

When to See a Doctor or Dentist

Tell a trusted person when something hurts, changes, or worries you.

Name: _____ Date: _____



Tell someone about a doctor visit when:

- You have trouble breathing, severe pain, or a serious injury.
- You have a fever or feel sick and are not getting better.
- A cut is deep, will not stop bleeding, or looks infected.
- Your medicine causes a new or concerning problem.
- It is time for a regular checkup.



Tell someone about a dentist visit when:

- A tooth hurts or is broken.
- Your gums hurt, swell, or bleed often.
- You have swelling in your face or mouth.
- It hurts to chew or open your mouth.
- It is time for a regular cleaning or checkup.

Emergency: Call 911 for trouble breathing, severe bleeding, unconsciousness, or another immediate danger.