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| **What is preventive health care?** | |
|  | Many things can   * Support you to be healthy |
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|  | * Make it harder for you to be healthy |
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|  | For example it can be harder for you to be healthy if you do not have a healthy weight. |
|  |  |
| Two people standing next to each other  Description automatically generated with medium confidence | A healthy weight is different for everyone. |
| A person wearing sunglasses  Description automatically generated | It can also be harder for you to be healthy if you do not protect yourself when you are in the sun. |
|  |  |
| A picture containing text, bottle  Description automatically generated | You might protect yourself from the sun by wearing   * SPF30+ or more sunscreen |
| A person wearing a hat and glasses  Description automatically generated with medium confidence | * A hat |
|  | * Clothes that cover your body |
|  |  |
| A picture containing outdoor, tree, person, people  Description automatically generated | 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 |
|  |  |
| A person with the hands on the head  Description automatically generated with low confidence | **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 |
| Calendar  Description automatically generated with low confidence | * 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 |
| A picture containing text, person, standing, posing  Description automatically generated | There are different types of preventive health care. |
|  |  |
|  | Some types of preventive health care support you to   * Stay healthy |
|  |  |
| A person wearing a birthday hat  Description automatically generated with medium confidence | * Get health checks |
|  |  |
| A person and person posing for a picture  Description automatically generated with low confidence | * 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 |
|  |  |
| A person wearing a birthday hat  Description automatically generated with medium confidence | * Preventive health checks |
|  |  |
| A person and person posing for a picture  Description automatically generated with low confidence | * Preventive health care to get better faster or not get worse |

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| A group of men sitting at a table  Description automatically generated with medium confidence | **Who wrote this Easy Read**  Tahli Hind, Dominique Abagi, Bela Laginha, Julian Trollor, and Janelle Weise. |
| Text  Description automatically generated | **Where these people work**  Department of Developmental Disability Neuropsychiatry UNSW Sydney.  Also known as 3DN. |
| A picture containing person  Description automatically generated | This information sheet is part of a series of easy read resources about   * Different types of preventive health care * Who can provide this care |
| Two people playing a board game  Description automatically generated with medium confidence | For information on how to support people to use Easy Read go to [**www.3dn.unsw.edu.au/professionals\_toolkit**](http://www.3dn.unsw.edu.au/professionals_toolkit)  © Department of Developmental Disability Neuropsychiatry UNSW Sydney 11.08.23 v2  No changes can be made without asking the people who wrote this sheet. |

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