
Vitals at the Thompson Center





When I come to the Thompson Center, a nurse takes my vitals in a small room.

She will do several things but none of them will hurt.



First, she will ask me to take my shoes off.

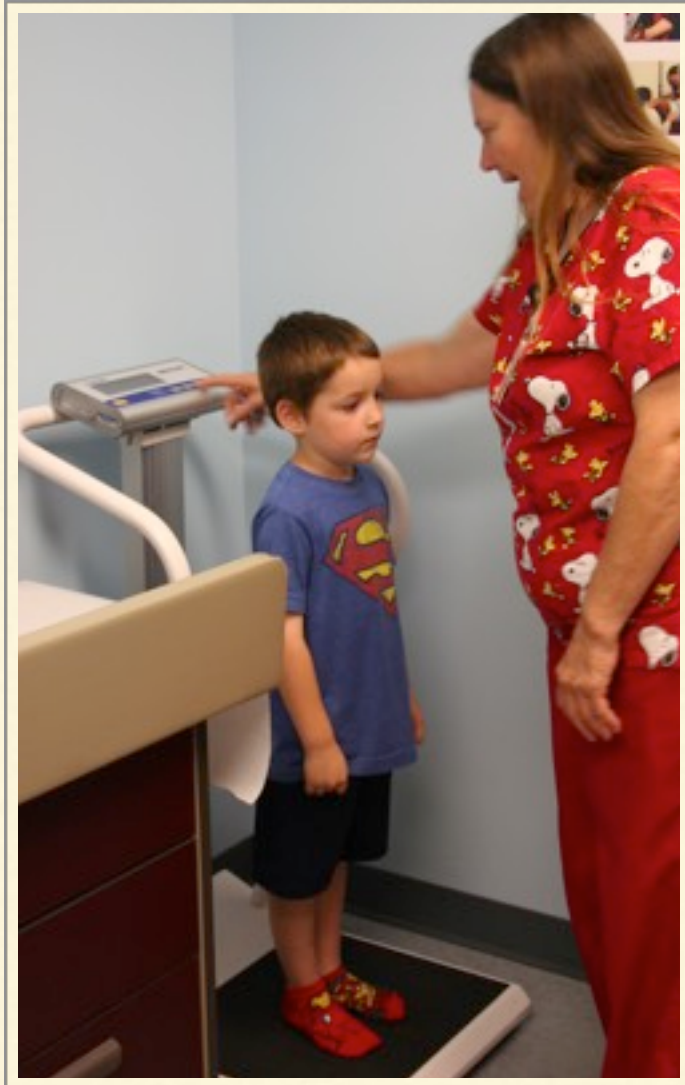


Then, she will measure how tall I am.

I will stand very still with my feet flat on the floor.

The nurse will lower a bar lightly on top of my head.

Now she knows how tall I am.



Next, the nurse will see how much I weigh.
I will stand on the scale and have a calm
body.

I will get down when the nurse asks me to.



Now, the nurse will have me sit down to take my temperature.

She will use a thermometer on my forehead.

It is a little cold but it does not hurt.

The nurse will move it across my forehead quickly.



Next, the nurse has to measure my head.

She uses a long piece of paper and wraps it around my head.

I will try hard to keep my head and body calm.



Now, she has to measure my blood measure.

She will put a blue strap around my arm.

It is hooked up to a machine that will make some noise.

The blue strap will start to get a little tight around my arm. But then it will stop and loosen up again.

This does not hurt. I will be brave and calm.



Now I am done!

I did such a good job staying calm and following directions.

I can go with my family to a room to play while we wait for the activity.