Check-ups and body basics

Small habits, done regularly, beat big efforts done once.

1. Wash your hands, especially before eating.
2. Wear sunscreen in strong sun, and a helmet when you bike or skate.
3. Never be embarrassed to ask a doctor something. **They've heard everything.**
4. Brush twice a day, and go to the dentist when you're meant to.
5. Changes in your body are normal, and a doctor or someone you trust can answer anything you're unsure about.
6. Keep up with the check-ups and screenings that fit your age. **Catching things early** is easier.
7. Don't ignore something odd that lasts more than a couple of weeks.
8. Keep a basic first aid kit at home, and know your emergency number.
9. Follow the label on medicines, and ask a pharmacist when you're unsure.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help