Feeling Sick

20th September, 2024   Sunny

I was absent from school this morning.

Today is an awful day for me. When I woke up, I felt terrible. I had a runny nose and a headache. My mum took my temperature with a thermometer. I had a fever! My mum put an ice pad on my forehead. She was worried.

My mum took me to see Dr. Chan. There were many patients in the clinic. A man without a mask kept coughing and sneezing. He was selfish. A girl looked bad. She had a stomachache. A baby kept crying. I thought he was very ill.

After waiting for an hour. I saw Dr. Chan. He said that I had a cold. He told me to take medicine on time and have more rest. He also told me not to take cold baths. I shouldn't go to school for seven days.

When I got home, I took the medicine before I went to bed. I felt better when I woke up again. I think I should eat more healthy food and do more exercise to stay healthy in the future.

6D Wong Cheuk Lok, Aiden