

Flashcards

What is important for my health?



Access digital card set in multiple languages via QR or at:
www.rcpch.ac.uk/resources/project-aegis

Card set produced by: Molly Cumming, Anitalise Ogedengbe & Bryony Hopkinshaw

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Project AEGIS: Advancing equity for children and young people seeking asylum and refugees. <https://www.rcpch.ac.uk/resources/project-aegis>



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Sleep



Sports



Food/Cooking



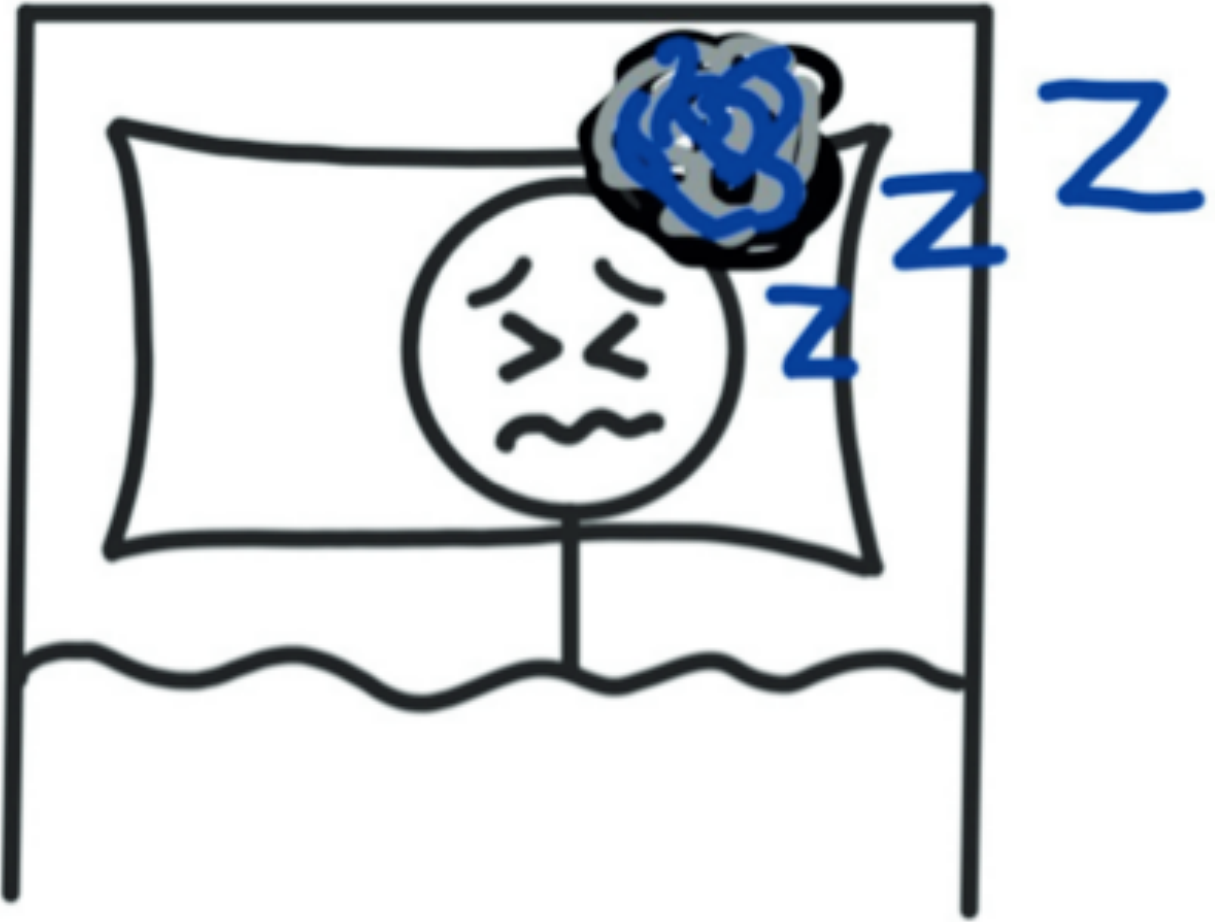
Vaccination



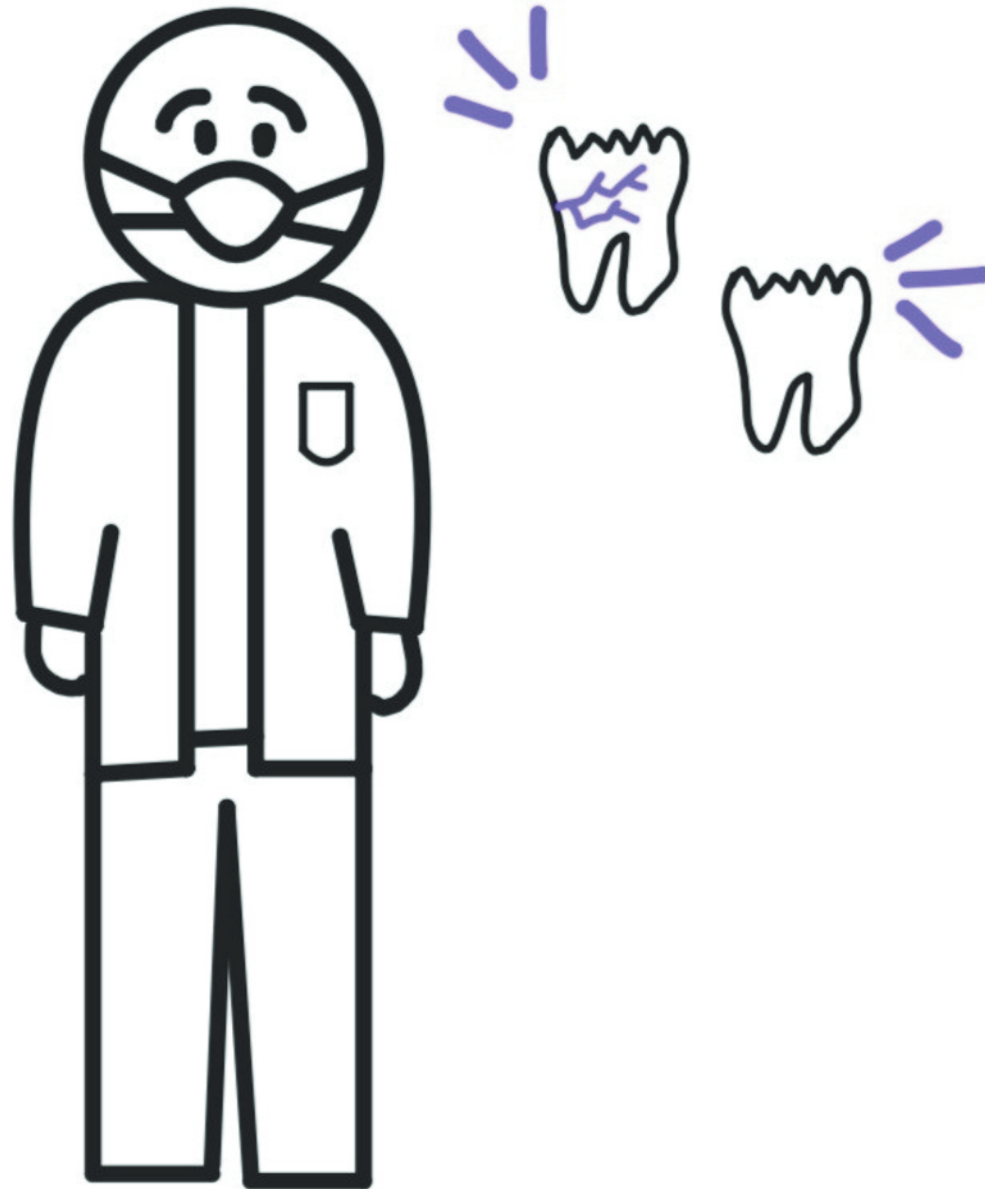
Taking Medications



Nightmares



Dentist



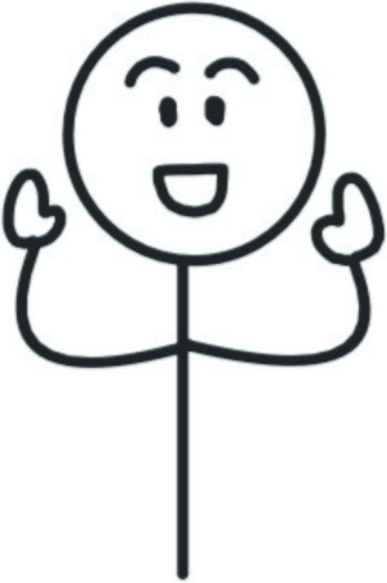
Speak to someone about worries



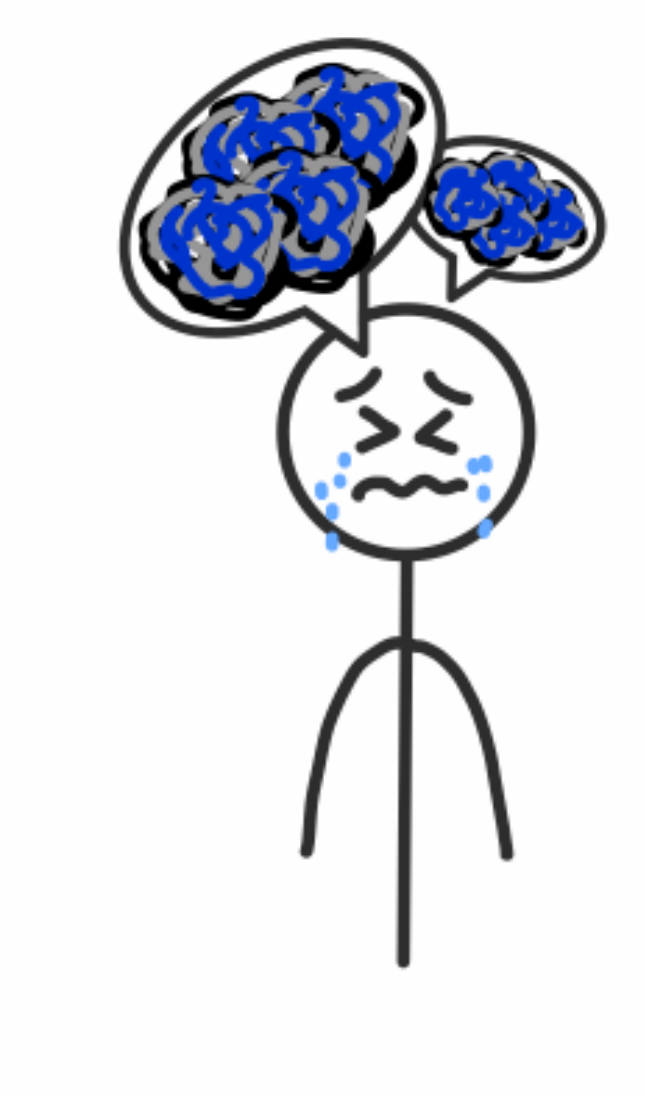
Getting Status



Home/Living Situation



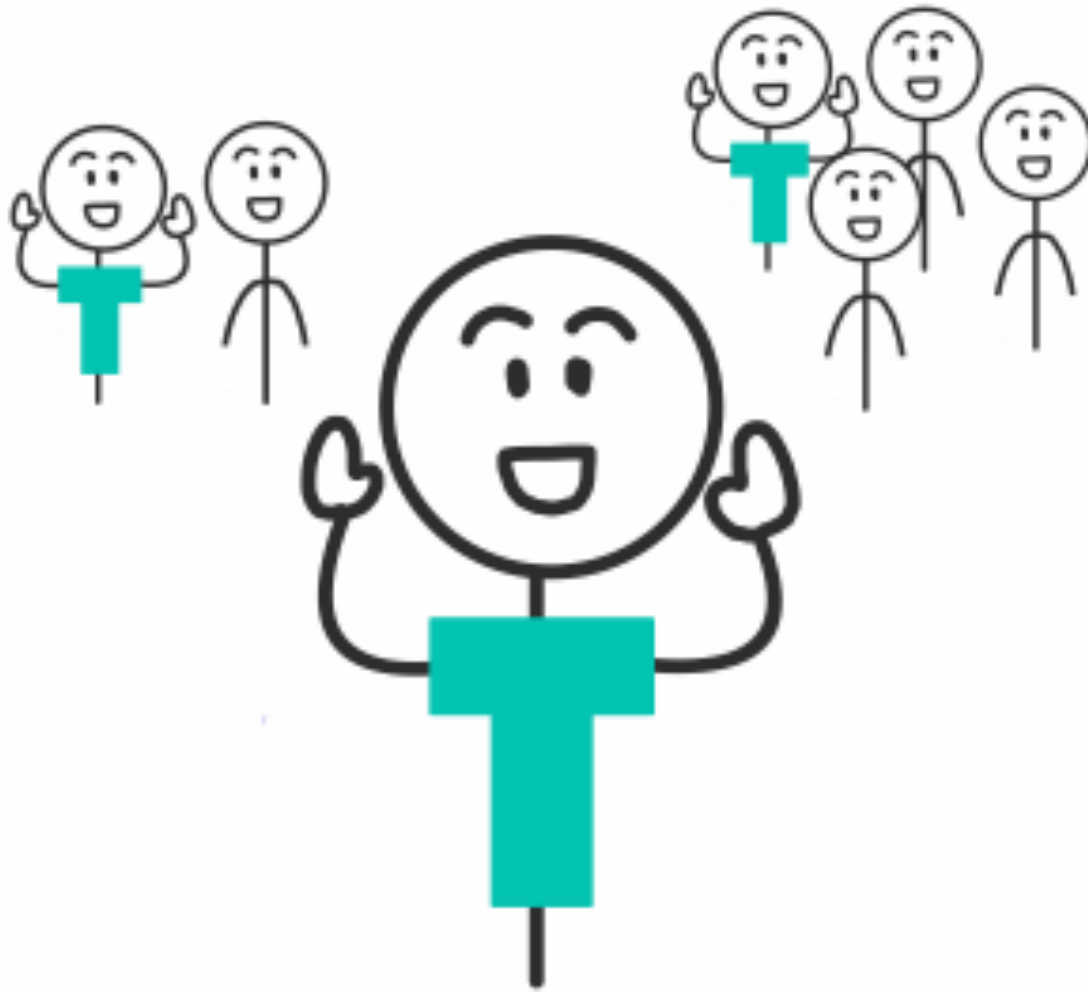
Mental Health



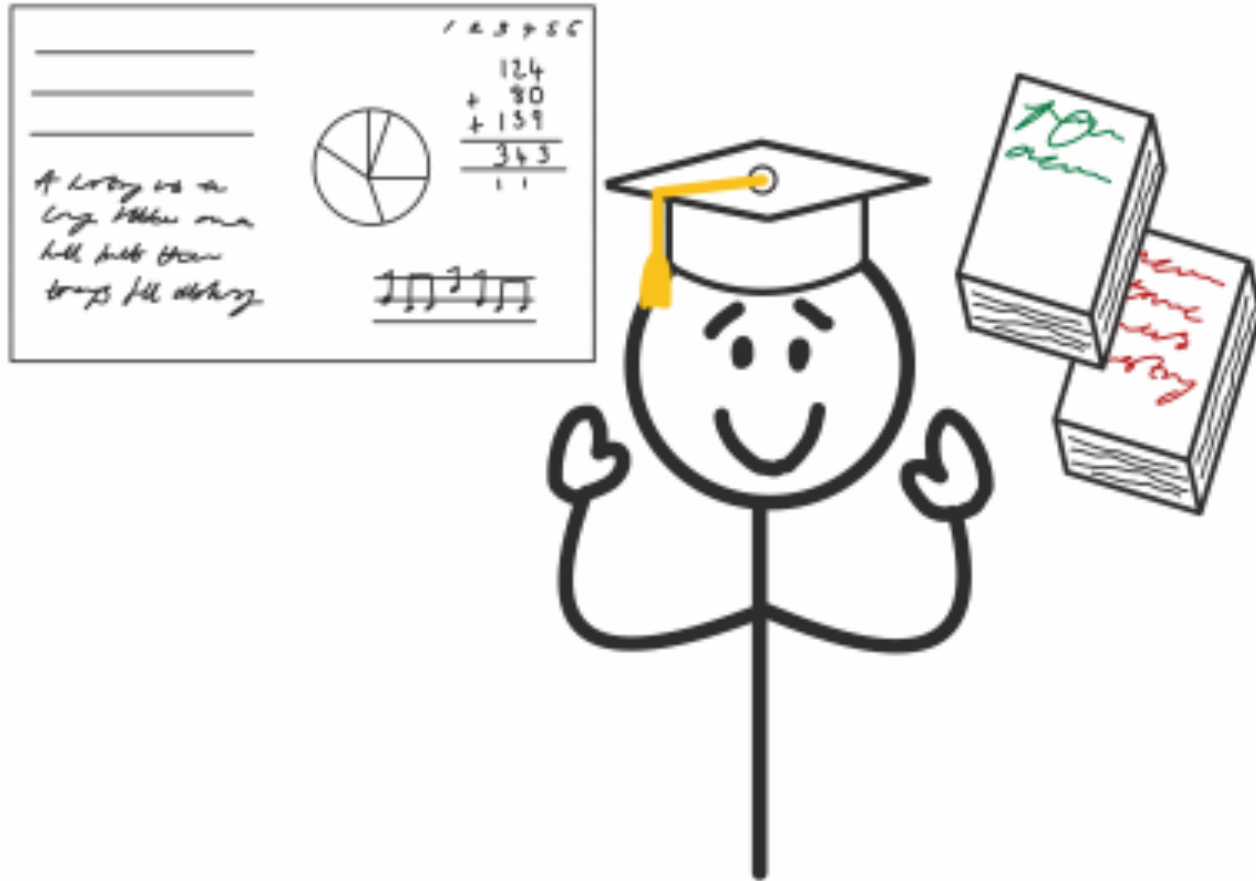
Blood Tests



Making Friends



Education



Seeing a Doctor



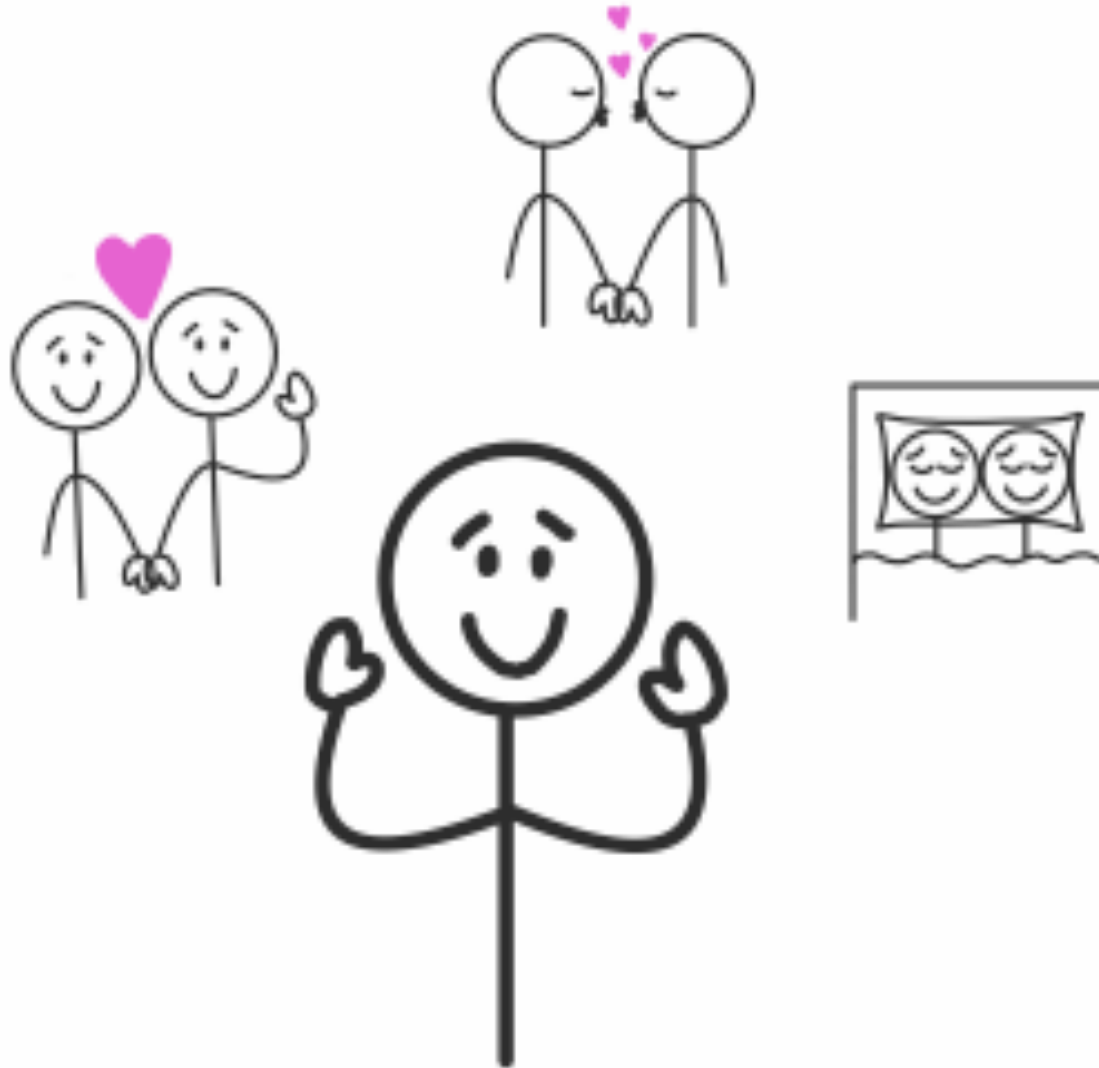
Finding Family



Eye Check



Sex & Relationships



Personal Health

