

## What I Need to Tell My School Or Employer

Your chronic health condition may affect your ability to participate in school or work. It is important to tell your school administrators or employer about your chronic health condition to ensure your safety and the safety of others.

**EXERCISE:** Discuss these questions with your family and health care providers. Be able to answer them if asked.

- Who should know about my health condition and why?
  - ☞ teachers / professors
  - ☞ school nurse / school health unit
  - ☞ principal / school administrator
  - ☞ coaches / counselors
- Why is it important for me to tell others about my health condition?
- Employers or people you work with may ask these questions:
  - a) What is your chronic health condition?
  - b) Is it contagious?
  - c) How is it treated?
  - d) Do medications affect your ability to concentrate, stay awake or participate in activities?
  - e) What signs or symptoms show that you are in need of medical help?
  - f) What, if any, are your emergency instructions?
  - g) Do you have any activity restrictions?
  - h) Will you need accommodations (changes/help) to participate in school and/or work?



Remember, asking for help that you might need is your right.