

# Health Topics

## East Hill Elementary School

December 2009

### Questions

- Should I take vitamins even when I have a cold?
- Does my cat have pain when it gets vaccinated?
- Why should we get vaccinated? Why sometimes do we need two vaccines?

By Anny Laforne  
and Phoukim Savanh  
McGill Nursing  
students

### Should I take vitamins even when I have a cold?

**YES**, you can continue taking your vitamins even if you have a cold. They help your body to fight the cold and to stay healthy.

Vitamins are found in the food you eat. Vegetables, fruits, and dairy products like milk and yogurts contain many different types of vitamins.

Vitamins help your body grow and stay healthy. Each vitamin is named with its own letter and plays a role in your body. For example, vitamin A helps you see in the dark, vitamin D helps your bones stay strong, and vitamin C helps your body heal when you get a cut.

(Nemours Foundation, 2009)

### Does my cat have pain when it gets vaccinated?

**YES**, cats have pain just like you do. Many signs can help you know when your cat has pain. Here are some examples:

- Sitting or lying in an abnormal position
- Not able to sleep or sleeps too much
- Protects the area that has pain
- Shaking
- Screaming or crying
- Does not want to eat
- Hiding in the house or under a blanket

You can help your cat by making its bed comfortable and warm and by putting heat or cold packs where there is pain. Go see the veterinarian if your cat doesn't get better!

(IVAPM, 2009)

### Why should we get vaccinated? Why sometimes do we need two vaccines?

**V**accines give you some protection against certain illnesses. It makes antibodies to prepare your body fight off an infection whenever it comes into contact with it. Antibodies are like little soldiers that fight to protect you and make sure you stay healthy. Sometimes, you need two vaccines to make sure your body has prepared enough "little soldiers" to take care of you.

Don't forget to always tell your parents, your teacher, or any other adult when you don't feel well. They can help you feel better.

(PIQ, 2009)