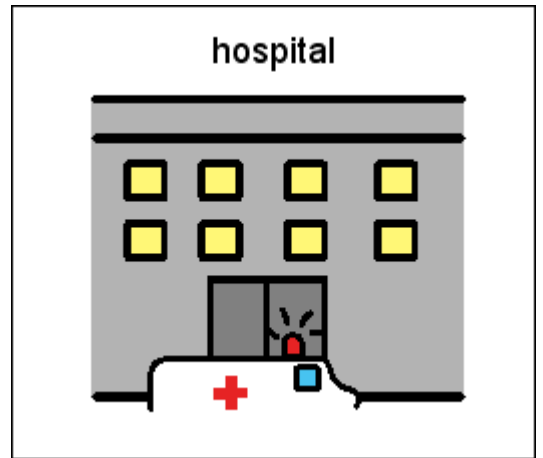


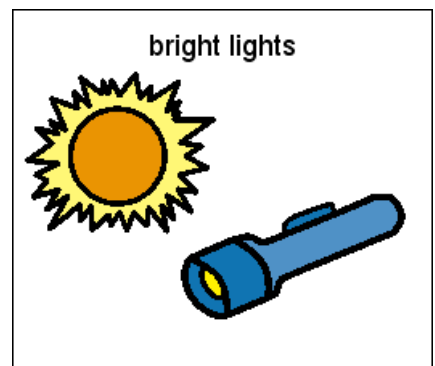
Blood Work

Soon I will be going to the hospital. I am going to the hospital to learn more about my health.



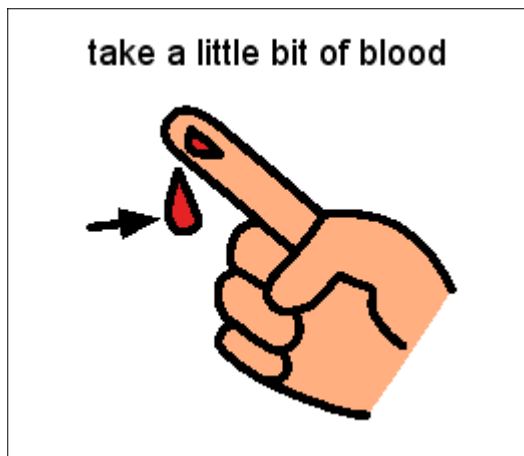
The hospital is a very busy place with many people around.

There are bright lights and new sounds.



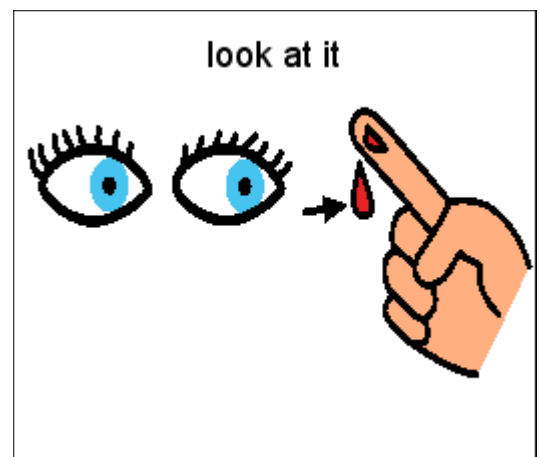
Some people get nervous when there are a lot of people around or when there are bright lights and new sounds.

I will try to stay calm at the hospital.



On my visit to the hospital a nurse will take a little bit of my blood.

They are taking a little bit of blood so they can look at it and tell me if it is healthy.





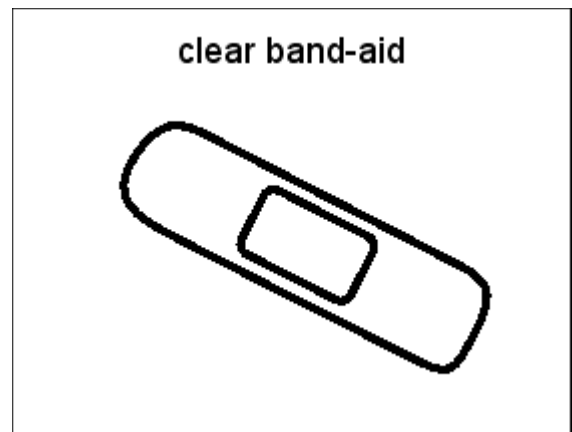
If it is not healthy then they will tell me what to do. Some people get scared when they see blood. I will try to be brave when the nurse takes some blood.

Blood needs help coming out of my body. First my arm needs to be prepared for the blood to come out

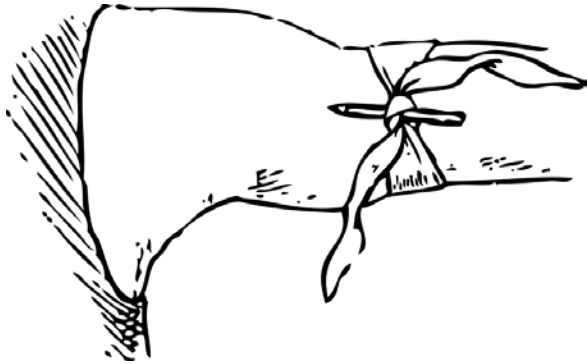


The nurse might put lotion on the place that blood will come out.

Then a clear band-aid will go over it.

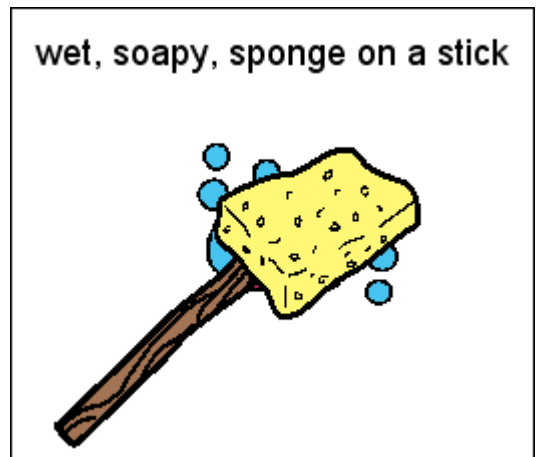


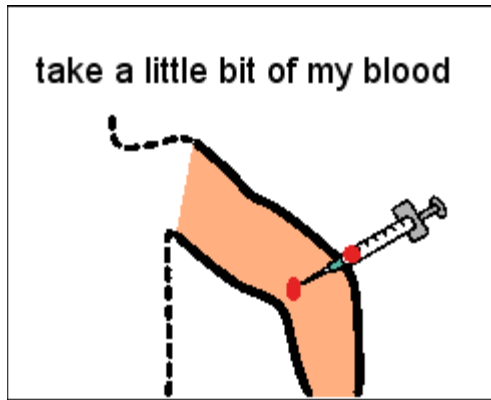
A big rubber band might be put around my arm to get it ready. The rubber band might squeeze my arm tight.



I will try to stay calm and take deep breaths to relax.

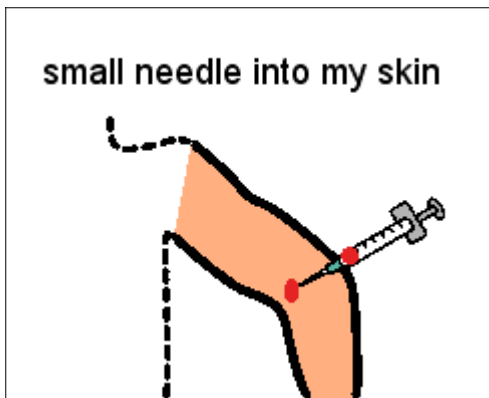
The nurse might use a wet, soapy sponge on a stick to help clean my arm for blood to come out.





The nurse will help the blood come out by using a small needle.

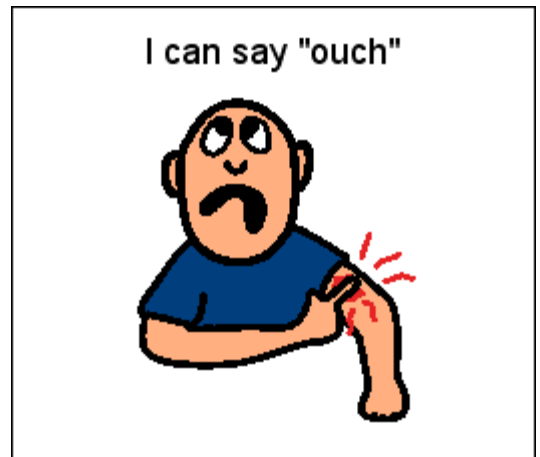
The nurse might first push on my skin.



Then the nurse will put the small needle into my skin. I might feel a pinch but it won't last long.

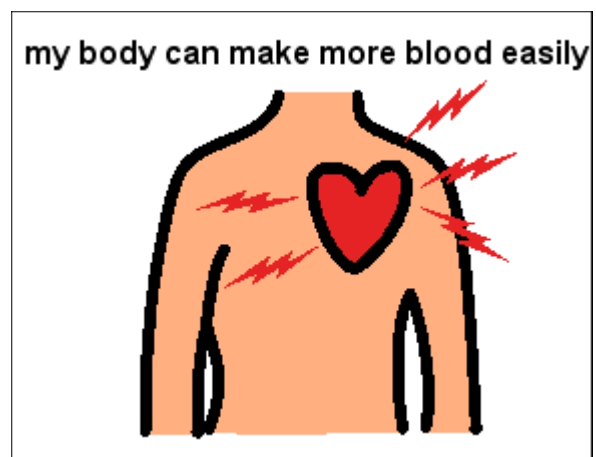
I can tell the nurse how it feels. Some people say “ouch” when the needle goes into the skin.

I can say “ouch”,
but I will try to
stay very still.

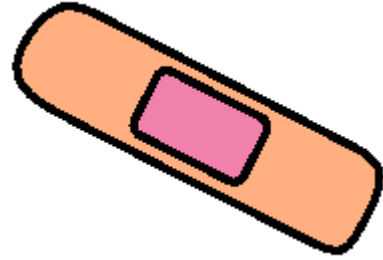


I will stay calm and
hold still while the
nurse removes a little
blood from my arm and
puts it in a small tube.

My body can make
more blood easily so I
don't have to worry
about giving some of it
away to be looked at.



The nurse might put a band-aid on the area where the needle was.



I may be happy when the needle has been removed. Giving a little bit of blood can be helpful to learn about my body and keep it healthy.

The hospital workers are happy that I did such a good job to help them out.

