

Healthcare Cards for Observations



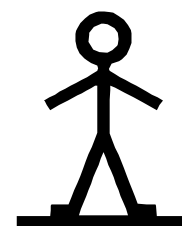
The following Makaton Symbols and Signs have been selected to use as a prompt. The symbol and sign will be printed back to back; they should then be laminated and then attached to a ring for quick reference.



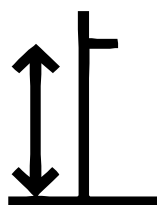
Sit



Lie down



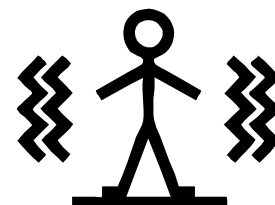
Stand



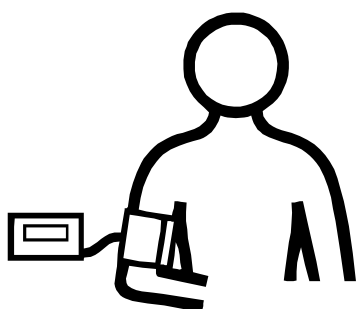
Height



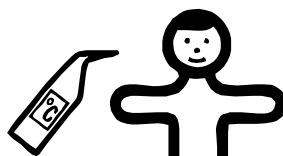
Weight



Still



Blood pressure



Take temperature

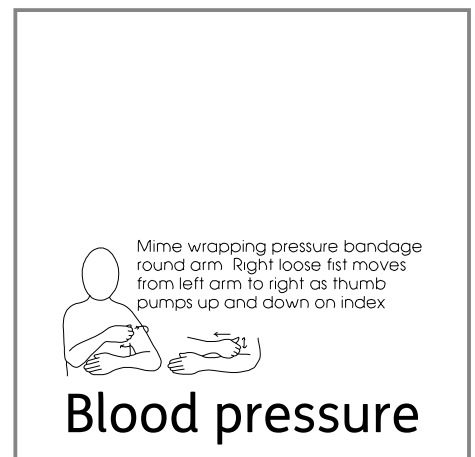
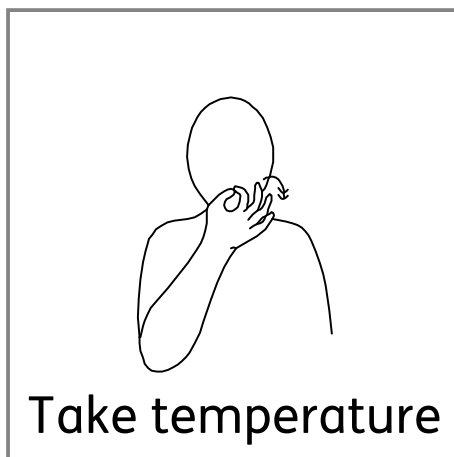
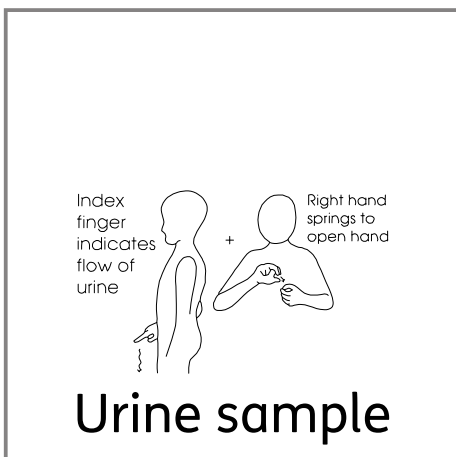
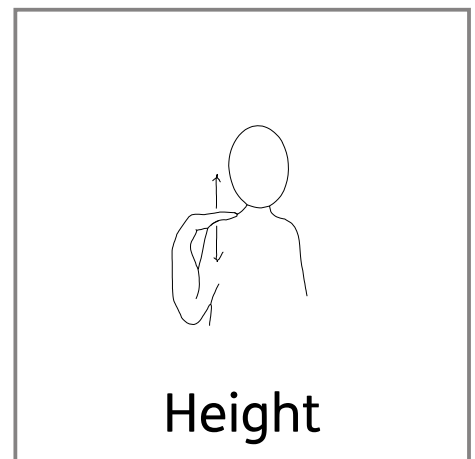
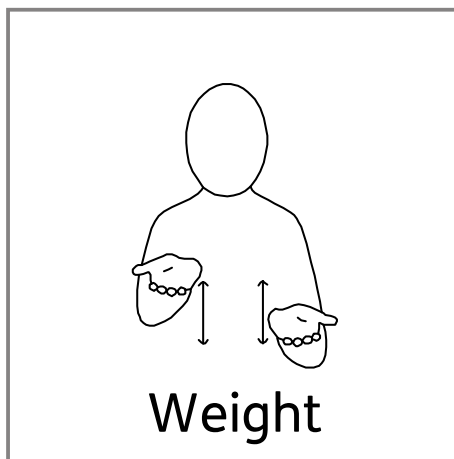
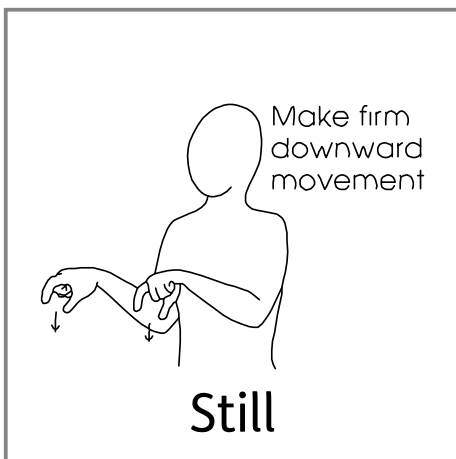
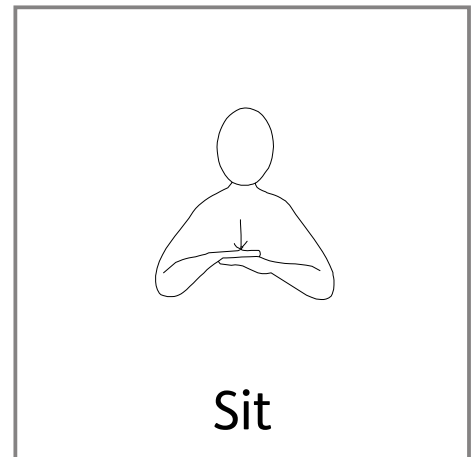
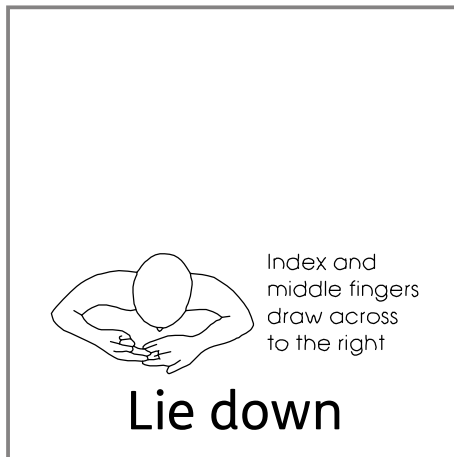
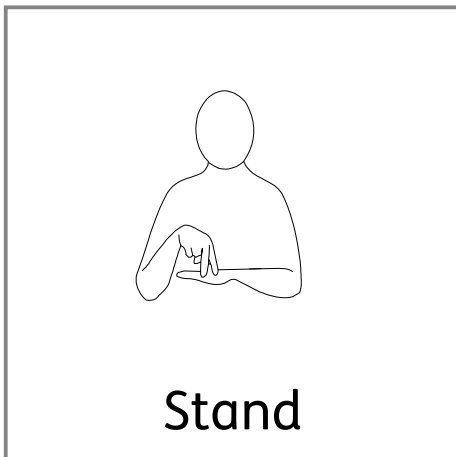


Urine sample



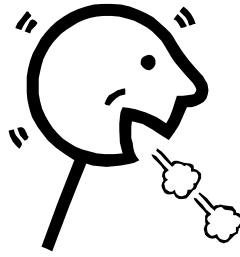
Please see other resources available from
The Makaton Charity including,

- Health Care Cards
- Coronavirus information
- Hygiene
- The LD Pledge

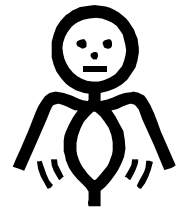




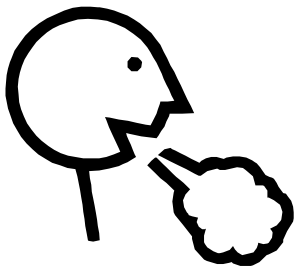
Toilet



Cough



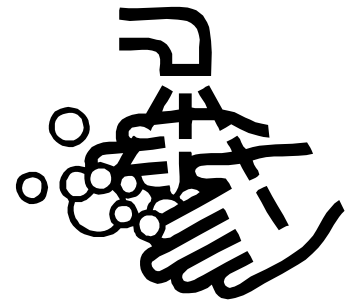
Hold your breath



(Deep) breath



Spit



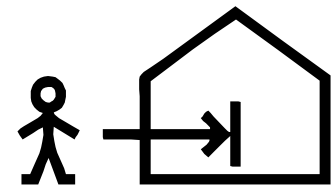
Wash hands



Calm



Sleep



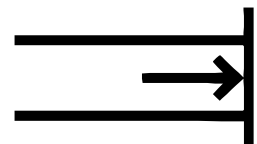
Stay



Good



No



Finish

Fists on chest, pull back into body keeping left fist into chest sign breath

Forward twice

Hold your Breath

Cough

Tip of middle finger makes contact with body and makes repeat movement

Toilet

Wash hands

Index finger flicks sharply off tongue

Spit

Forward twice

(Deep) Breath

'C' hands make short firm movement down

Stay

Sleep

Calm

Finish

No

Good