

CO-nfused? Diagnose the clues!

Patient Cards



This resource is to accompany the activity 'CO-nfused? Diagnose the clues!' created in partnership with the Gas Distribution Networks.

Carbon Monoxide Poisoning

Background: I've been spending most of my time at home lately. Over the past few days, I've started feeling a bit unwell. The symptoms ease a little when I go out for a walk, but they come back once I'm home again. My dog has also been acting a bit confused. We haven't had our gas boiler serviced in a while, and we don't have a CO alarm installed.

Symptoms: Headache, feel dizzy, feel sick, very tired.

Migraine

Background: I get headaches sometimes, especially after a busy or stressful day. They're often triggered by bright lights and loud sounds. No one else in my house feels unwell, and the symptoms don't change whether I'm indoors or outdoors.

Symptoms: Bad headache, feel sick, don't like bright lights, don't like loud sound.

Flu

Background: I go to a busy school and lots of people have been off sick lately. I started feeling ill a few days ago, and now my whole-body aches. My family are also a little unwell.

Symptoms: Fever, shivering, achy body, very tired.

Food Poisoning

Background: I stayed home all weekend and had a few late nights gaming. I was playing online with my friends and didn't get much sleep. Last night, I cooked chicken, but I rushed it a bit. I've been feeling unwell today, but no one else at home is sick.

Symptoms: Feel sick, throwing up, tummy hurts, no energy.

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Anxiety

Background: I've been spending time at home, thinking about things. These feelings usually pass when I distract myself or talk to someone. No one else is feeling this way.

Symptoms: Feel dizzy, hard to breathe, chest feels tight, very tired.

Heat Exhaustion (Hyperthermia)

Background: I went on what was supposed to be a 1-hour walk with my friends, but we got lost and were out for 6 hours. It was really hot, and we didn't have enough water or food. I don't feel great, but my friends are okay.

Symptoms: Headache, feel dizzy, sweating a lot, weak and tired.

Allergic Reaction

Background: I went to my grandparents' house today and helped clean out a dusty loft. I usually get like this around lots of dust or pollen. It goes away quickly after I take an antihistamine or get outside.

Symptoms: Sneezing, itchy eyes, blocked nose, very tired.

Low Blood Sugar

Background: I've had a really busy day and completely forgot to eat. I've mostly been inside working and haven't had a proper meal since this morning. My mum can get like this too sometimes when she also misses a meal.

Symptoms: Shaky, feel dizzy, sweating, confused.

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Inner Ear Infection

Background: I think i had a cold last week and thought I was getting better, but now I feel off-balance. It's worse when I move around and my ears feel sore.

Symptoms: Feel dizzy, feel sick, hard to keep balance, ear pain.

Sleep Deprivation

Background: I stayed home all weekend and had many late nights gaming. I was playing against my friends, and we didn't get much sleep. I don't have much energy today and no one else at home is feeling this way.

Symptoms: Very tired, grumpy, hard to focus, headache.

Hypothermia

Background: My tent leaked during the night, and all my clothes got soaked. I woke up feeling really cold and couldn't stop shivering. My friend tried to light a small fire to help dry our things. I wanted to help but started feeling really tired and a bit confused. No one else seems to be feeling as bad as I do.

Symptoms: Shivering, very tired, skin feels cold, hard to think clearly.

Panic Attack

Background: I've had this feeling a few times before. It usually starts out of nowhere, even if I'm just sitting at home or walking through a shop. It fades after a while or if I breathe slowly. I don't know of anyone else who has this.

Symptoms: Fast heartbeat, feel dizzy, chest hurts, feel sick.