

## TAKE CARE OF YOURSELF: HEALTH TIPS FOR TEENS

**The way you treat yourself NOW will make a difference to your health when you are older!  
Here are some ways you can keep yourself healthy all through your life.**

- Get enough sleep! Teens should get about 9 hours of sleep a night.
- Brush your teeth for at least 2 minutes twice a day.
- Wash your face with a gentle soap twice a day to help control acne (pimples and zits).
- Get your heart rate up by exercising for 30 minutes 3-5 times a week.
- Protect yourself with a helmet during activities where you might injure your head, like biking.
- Always wear your seatbelt!
- Avoid smoking and other tobacco products, including second-hand cigarette smoke.
- Do not get into a car with a driver who has been drinking or using drugs, even when the driver is you!
- Eat a healthy diet with lots of fresh fruits and vegetables.
- Talk to an adult you trust if you're feeling sad, lonely, or thinking about harming yourself.
- Stay away from situations where violence or fighting may cause you harm.
- Make sure you have protection to avoid pregnancy and sexually transmitted diseases before you have sex.
- See your health care provider (doctor, nurse, physician's assistant, etc.) every year for preventive care. You can always call if you have a question!
- Get insured! To find out about free or low cost insurance, call 1-800-300-9950.



### WHAT TO EXPECT AT THE DOCTOR'S OFFICE...

- You can ask for a male or female health care provider, whatever makes you more comfortable.
- You'll answer lots of questions about your health, but a lot of this information is confidential (your health care provider won't tell anyone).
- You can always call your health care provider or clinic if you think of any questions.

*Use the other side of this page to write down questions to ask your health care provider!*