

# Vital Signs and Weight





I am at the hospital.

While I am here I will need my vital signs and weight checked.

Vital signs help the nurses and doctors learn more about my body.  
It does not hurt to have my vital signs checked.

# Weight

I will stand on a scale to see how much I weigh.

Nothing will touch me.

I can hold on to the handles on the scale if I need help standing up.

It is important that I stand very still while getting my weight.



# Height



I will stand in front of long ruler on the wall to see how tall I am.

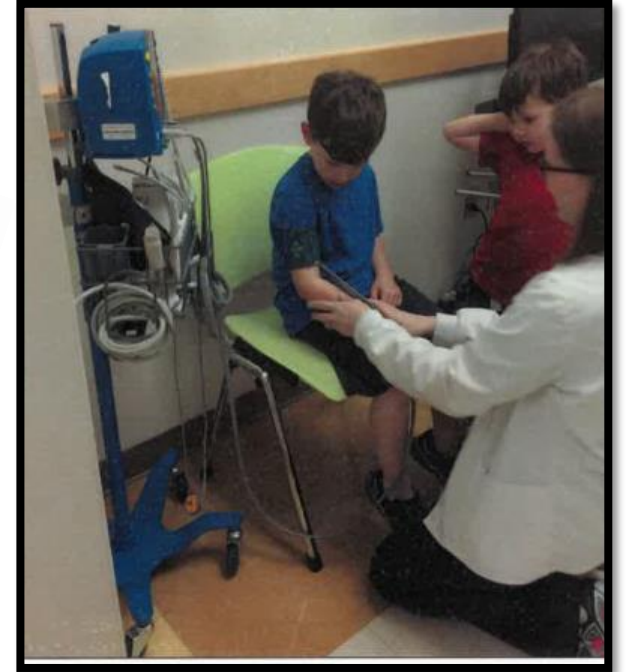
I will stand still and straight.

# Blood Pressure

A blood pressure cuff will be placed on my arm.

This will feel like a tight hug on my arm.

My blood pressure tells the nurses and doctors how hard my heart is working.



It is important I hold my arm still.

# Temperature

I will have my temperature checked.

This shows how warm my body is.

The thermometer will touch my head  
or one that will be placed under my  
tongue or under my arm.

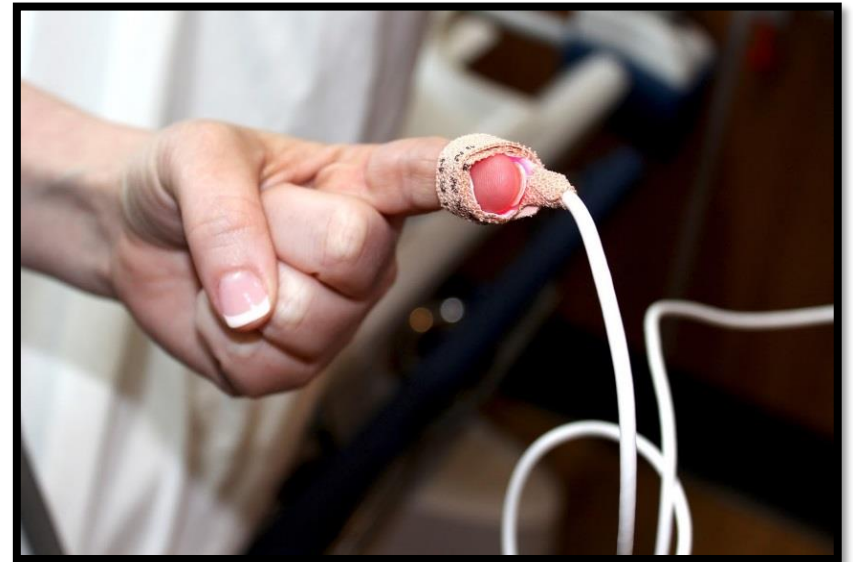


# Pulse Oximeter

A sticker that looks like a band aid will be placed on my finger.

It has a bright red light on it.

This will check how well I am breathing and how fast my heart is beating.



I may hear a beeping noise.

This social story has been developed as a resource for families, clinical practitioners and trainees at The Children's Hospital of Alabama by the Sensory Task Force. Effort has been made to ensure the accuracy of this story, but it is the user's responsibility to evaluate the appropriateness of this information for each clinical situation (1st ed. 2018)