

1st March, 2019

A month ago, I did not feel well. I had a high fever and a bad cough. It was horrible when the fever started.

I felt feverish and very dizzy! I was shivering a lot so my parents brought me to the doctor in Tai Wo Hau for a serious checkup. The doctor told me to take a good rest. I had to drink some cough syrup three times a day. I could not go to school for a day. The doctor also reminded me not to get too close to my little sister because she may be infected. I was very shocked since I had never stayed away from my adorable little sister before. I listened to the doctor because I did not want my sister to get infected since we have a great relationship. I followed the doctor's instructions.

I don't want to go and see the doctor every time again. I should eat more healthy and strong food, always exercise and eat less of my treats, candies and snacks. This important lesson will always be in my heart.