Health: Phrasal Verbs

Complete the sentences and the text below with these phrasal verbs:

get over = recuperate **clog up** = obstruct **come down (with)** = catch (an illness)
fight off = defend against **throw up** = vomit **dose up (on/ with)** = medicate
let up = cease or diminish **lay low** = make someone weak

1. Many children _____an ear infection even before their first birthday.
2. High fat foods can_____ our arteries.
3. Most people _____ a cold within two weeks.
4. The flu usually _____people _____ for four to ten days.
5. A cold continues at its peak for several days, then it gradually _____.
6. The human body's immune defenses usually_____ viruses.

I always _____ with colds. In fact, I was suffering from one last weekend. I hate it when your nose _____ so much that you can't breathe and you feel like you're going to _____. I'm _____ it now though. People say that you should _____ with vitamin C to _____ colds _____. I take vitamin C every day but they still _____ me _____ every autumn.



When was the last time you came down with a cold?
How long did it take you to get over it?
How did you fight it off?

Cold facts

Dosing up on antibiotics won't **fight off** colds because they are viral, not bacterial.

Children **come down** with about 5 to 7 colds per year and adults average about 2 or 3.

Colds **lay low** more women than men.

A fever helps you to **get over** a cold by by activating the immune system.

Our noses produce mucus to protect the lungs from germs. The mucus then runs down your throat, out your nose, or **clogs up** your sinuses.

Most colds **let up** after seven to 10 days.

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