

1 Fill in the gaps with the following words: infectious, healthcare, lifestyle, environment.

- Health depends on personal characteristics, and the
- Illnesses can be and non-infectious.

2 Complete the information about infectious diseases in the boxes below.

Illnesses caused:

- Rubella
-
-
- Flu



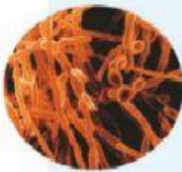
Illnesses caused:

-
- Malaria



Illnesses caused:

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- Athlete's Foot



Illnesses caused:

-
-



3 Decide if the statements are true (T) or false (F). Then, correct the false sentences.

- ☐ Regular check-ups by a doctor and getting vaccinated against common diseases will guarantee a longer life.
- ☐ Good self-esteem, confidence and friends can help you stay healthy.
- ☐ Vaccinations involve being injected with a weak version of a disease.
- ☐ Using a high factor sun-cream stops you getting skin cancer.

4 Tick the correct first aid measures in the following chart.

Lie down and raise your feet in the event of fainting.	
Apply cold or ammonia on an insect sting.	
Apply heat to the damaged area in case of bumps or sprains.	
Drink water or a sports drink in the event of sunstroke.	

5 What can damage your health? What are the effects on your body and your life? Complete the sentences below.



- Damage to and organs.
- Addiction /
- affected.
- affected



- /death.
-
- Damage to



- Increased heart rate and
- disease.
- yellow teeth,



- from family and
- Obsession with continual contact with friends you don't have direct contact with.
- Reduced physical

6 Label the injuries and then match the pictures with the suggested treatments.

a)



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- Put the affected area under a cold tap for ten minutes, then cover with a sterile gauze. If caused by the sun, apply a moisturising cream.

b)



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- Remove the cause of the injury with tweezers, if you can. Clean with soap and water. Apply cold ammonia or a specialised relief product.

c)



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- Move the person to a place with clean fresh air and loosen any tight clothes. Then lie the person down with their feet raised.

d)



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- Wash your hands with soap and water, then clean the affected area with water, removing any dirt from the centre outwards. Cover with a bandage or sterile gauze.