

DON'T FREAK OUT!

HAVE YOU EVER HEARD OF AN EPIDEMIC?

An epidemic is when a large Number of people get ill At the same time. They all Have the same illness with The same symptoms.

DO YOU KNOW WHAT A PANDEMIC IS?

A pandemic is a huge epidemic that spreads across different continents.

DON'T PANIC

THEY FINALLY COME TO AN END!

One of the most terrible pandemics of all the time was called The Black Death. It causes the deaths of up to 200 million people between 1346 and 1353.

So many people died because they didn't have information about the disease and how to prevent it. There weren't any modern hospitals like there are today. Scientists didn't have today's technology to find a cure. People didn't know what to do. There was panic and people burned their houses in an attempt stop it from spreading. There was even a myth that the disease had been sent as a punishment from god.

Fortunately, there have been a lot of medical advances since then. You just have to know what to do to prevent illnesses. Here you will find some steps to follow. The **news** section can serve as an alert!

THE NEWEST

WHAT IS INFLUENZA?

The flu is the name commonly Used to describe influenza. If a large number of people get it at the same time and in different countries, it becomes a pandemic. This happened in 2009 when a flu virus called H1N1 or H5N1 also known as Bird Flu, made a lot of people ill. The influenza spread from person to person. When someone who has the virus sneezes or coughs, the virus spread immediately. For this reason, the influenza virus is always there, ready to break out.

WHAT IS YELLOW FEVER?



PANDEMIC IN THE WORLD

Yellow fever is caused by the bite of an infected mosquito. It is usually found in areas of Africa and South America. The curious thing about this pandemic is that people don't really get **sick**, but their skin turns yellow! Yes, yellow! That's the reason behind the fever's name. This is because high levels of the pigment, bilirubin, which causes a **pain** in your **head** (headache) and vomiting.

WHAT IS

CHOLERA?

The bacteria *Vibrio cholerae* affects the intestine, causing diarrhea and sometimes death. This bacteria can be in what you drink or eat. It come mostly from feces. After natural disasters, cholera often breaks out. If you detect it in time, Hurry to the hospital! The Recovery is very fast if you discover it quickly!



PREVENTION IS THE KEY!

You can get vaccines to protect against some illnesses. When a new flu epidemic breaks out, there is often not enough time to find the cure. So take advantage of the vaccines we already have.

If someone has a virus, try to stay away! If You are sick, try not to infect others. Stay at home, and don't go to school. The important thing is not to spread the virus.

Wash your **hands** as many times as you can. When you go to the toilet, travel around, or get home, wash your hands with **soap** for At least thirty seconds!



If you cough or sneeze, cover your nose and mouth with a tissue.

If you don't have one, cover your mouth by bending your arm and placing it in front of your mouth. Then wash your hands again so bacteria doesn't spread.

Eat a healthy and varied diet. Wash fruit and the vegetables well. They have a lot of germs, and you can get sick if you don't clean them.

SYMPTOMS

Get an **appointment** with the doctor if you have: a high fever, nauseas or **vomiting**, aches in your **body**, diarrhea, fatigue, low energy, yellow skin, a loss of appetite, breathing, problems, or a runny **nose**.

DON'T FREAK OUT!
**IF YOU HAVE ANY DOUBTS, A DOCTOR
CAN GIVE YOU GOOD ADVICE!**

1.-COMPLETE THE SENTENCES BY MATCHING IT TO THE CORRECT ENDING.

The <i>flu</i> is	when a large number of people get ill at the same time
<i>Yellow fever</i> is	a bacteria that affects the intestines.
<i>Vibrio cholerae</i> is	the name used to describe influenza.
<i>Epidemic</i> means	a huge epidemic that spreads across different continents
<i>Pandemic</i> means	caused by an infected mosquito

2.- COMPLETE THE SIGNS WITH SOME OF THE KEY WORDS FROM THE TEXT.



