

# PRESENT SIMPLE VS CONTINUOUS – MEANING

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## PRESENT SIMPLE

### Habits. Regular actions or situations

- I wash my hair every day.
- He usually gets up very early.

### Facts, permanent situations or states

- I have one brother. He lives in Paris.
- Water boils at 100 degrees.

### With stative verbs\*

- Give me the money. I need it now.
- What happened? You look sad.

### Future timetabled events

- The train leaves at 4.
- The exams start next Monday.

**SIGNAL WORDS:** Always, never, often, sometimes, every day, once a month, etc.

## PRESENT CONTINUOUS

### Actions in progress 'now'/'around now'

- I can't talk. I'm brushing my teeth.
- I'm reading a new book. I love it!

### Temporary actions or situations

- I'm going to work by bus this week.
- I'm living with my cousins until I find an apartment.

### Changing or developing situations

- The climate is changing very quickly.
- Your English is improving.

### Future actions that are decided

- I'm meeting John this evening.
- We are leaving tomorrow at 7 a.m.

**SIGNAL WORDS:** Now, at the moment, these days, this week/month, etc.

\***Verbs of the senses:** hear, see, smell, look, seem, sound. **Opinion:** believe, consider, like, love, hate, prefer, think, etc. **Possession:** have, own, belong, etc. **Also:** agree, be, depend, need, mean, remember, realise, recognise, seem, want, etc.

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### Choose the correct tense:

- The influenza virus **mutates** / **is mutating** every year, making it difficult to predict.
- This year, researchers **study** / **are studying** a particularly aggressive strain of the flu.
- The flu season **starts** / **is starting** in the fall and typically **peaks** / **is peaking** in winter.
- At the moment, scientists **look** / **are looking** at how influenza spreads through crowded areas.
- Patients **experience** / **are experiencing** fever and body aches when infected with the flu.
- Right now, many health organizations **implement** / **are implementing** flu prevention strategies.
- The virus **evolves** / **is evolving** rapidly, which makes vaccine development challenging.
- Doctors **recommend** / **are recommending** getting the flu vaccine each year.
- Authorities **monitor** / **are monitoring** the flu outbreak closely this month.
- The flu vaccine typically **provides** / **is providing** protection against multiple strains.