

3 Now do the same as in 2 with this text.



29 Health and medical care 2

ache • exhaustion • fever • get better • infectious •
injection • lower • prescription • sick • sneeze •
sore • symptom • treat

Flu

Have I got the flu? The (a) of flu can appear very suddenly. They often include a (b) (a **temperature** of 38°C or above), (c) and pains, feelings of **dizziness**, **tiredness** or (d), a dry **cough**, a (e) throat and a **headache**. You might also feel and be (f)

How can you treat flu yourself? You can often (g) without seeing a General Practitioner, or GP, and should begin to feel better in about a week. If you don't, you should see your doctor. It is a good idea to see a **chemist** as they can advise you how to (h) flu and suggest flu remedies, without a doctor's (i) To help you recover quickly, try to rest and get as much sleep as possible, keep yourself warm, take paracetamol or ibuprofen to (j) your temperature and treat aches and pains. Don't forget to drink plenty of water.

How can you avoid spreading the flu? Flu is highly (k) – it's easy to **pass it on** to other people, particularly in the first week. You can pass flu on by **germs** when you cough or (l) Use warm water and soap to keep your hands clean since germs can live on hands and surfaces for 24 hours.

How can you prevent flu? It can be a good idea to have a flu **vaccine**. You should get an (m) before the start of the flu season.

