

## Holiday Health



- Remember to take some plasters with you in case you get a blister on your foot from too much walking. Take some antiseptic cream too. Use it if you cut yourself by accident.
- Take a bandage if you are travelling to a country where there are snakes. If you get a snake bite on your arm or leg, wrap the bandage tightly around the bite.
- You should always put some sun cream on your skin before you go out in the sun so that you don't get sunburn.
- Do you always get mosquito bites in hot countries? Remember to take some insect repellent to spray over you when you go out at night.
- The heat can sometimes give you a headache. Put a box of aspirins in your suitcase and take one or two aspirins with a glass of water.
- Take some mints on holiday. Eat a mint if you feel sick when you are travelling.

Read the advice above and answer the following questions

Wrap with a bandage	Going out at night	Eat a mint	Use plasters	Take aspirins	Sun cream
---------------------	--------------------	------------	--------------	---------------	-----------

1. What should you put on a blister?
2. What should you do if a snake bites you?
3. What should you always wear in the sun?
4. When should you use the insect repellent?
5. What should you do if you get a headache?
6. What should you do if you feel sick when you're travelling?

Listen to two friends talking about a mobile app and choose the correct answer.

1. With this app, you can

- a) talk to a real doctor.
- b) learn what to do in an emergency.

2 You can

- a) hear some advice.
- b) watch and listen to someone giving advice.

3 The girl once had a

- a) bee sting.
- b) snake bite.

4. The app gives information about

- a) different kinds of medicine.
- b) local chemists

5 The boy is planning to go

- a) camping.
- b) mountain climbing.