

NAME :

CLASS :

FORM 2 : UNIT 9 INTEGRATED SKILLS

BY MDM INTAN SMK SJ

- ➊ 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.
- ➋ 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.
- ➌ You should always put some **sun cream** on your skin before you go out in the sun so that you don't get sunburn.
- ➍ 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.
- ➎ 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.
- ➏ Take some **mints** on holiday. Eat a mint if you feel sick when you are travelling.



READ THE ADVICE AND ANSWER THE QUESTIONS.

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?