INTEGRATED SKILLS INTEGR

All about holiday health



I got sunburnt on my last holiday. Have you ever had any health problems on holiday?



- 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.

2 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?

LIVEWORKSHEETS