

Complete the article with the correct words in the box. You do not need to use all of them.

burn	cut	injure	coughing
aching	beat	bleeding	recover
blink	blow	breathe	yawning

HEALTH MATTER

Taking care of your head



This week in Health Matters, we're taking a look at the head. One very common thing that many of you complain about is an 1)_____ head and itchy eyes, especially when you're using the computer.

To reduce these problems, try to spend less time in front of the screen and when you're working, remember to 2)_____ often and allow your eyes to rest. If you start 3)_____, that's a warning that you're getting tired, so take a break!

Playing sport means there is always a chance that you will 4)_____ yourself. Wear a helmet if you can, and if you do fall or bang your head, make sure you give yourself time to 5)_____ before going back on the field.

What should you do if your nose is 6)_____? Put your head forward and hold the top of your nose where it's narrow. Stay like this until it stops and if it doesn't stop, see a doctor as soon as you can.

And finally, colds. These can make you feel pretty bad, especially when you can't stop 7)_____ and your nose is so blocked that you can't 8)_____ very well.

When you've got a cold, get some medicine from the pharmacy, take time off and get some rest.

Next week's article is all about the neck.

See you then!