



I can find specific detail in different types of text.

- 1 Match the words below with the definitions.

bandage burn concussion  
myth symptom throat

- 1 something which isn't true myth
- 2 the area at the back of your mouth \_\_\_\_\_
- 3 a head injury that makes you feel ill or become unconscious \_\_\_\_\_
- 4 a long thin piece of material that you put around a cut \_\_\_\_\_
- 5 an injury you get from touching something very hot \_\_\_\_\_
- 6 one of the effects of an illness \_\_\_\_\_

- 2 Read the article. Match pictures A–E with 'myths' 1–5.

- 3 Read the article again. Mark the sentences T (true) or F (false).

- 1 ☐ If you have a nosebleed, you should make yourself sick to get the blood out of your throat.
- 2 ☐ You shouldn't do anything after swallowing poison until you've spoken to a doctor.
- 3 ☐ You should put hot water on a burn.
- 4 ☐ The man in the TV programme fell asleep and didn't wake up again.
- 5 ☐ It's not cold weather that causes the flu, but it can make it worse.

- 4 Answer the questions. Use no more than three words.

- 1 After putting your head down, what should you do to stop a nosebleed?
- 2 What might poison do if you make yourself sick?
- 3 What might you get if you put butter on a burn?
- 4 What must you be able to do for it to be OK to sleep with concussion?
- 5 What causes the flu?



### Five common myths about illness and injury

- 1 Put your head back if you have a nosebleed.

**The myth:** In the past, people said that you had to put your head back to stop the blood.

**Why it's wrong:** The blood can go down your throat and you might be sick.

**What you should do:** Sit down, put your head down and hold your nose. In about ten minutes the nosebleed will stop.

- 2 If you drink poison, make yourself sick to get it out.

**The myth:** In the past, people thought that if you had swallowed poison by mistake, you had to be sick to get the poison out of your body.

**Why it's wrong:** It can do more damage when it comes back up, and it might burn your throat.

**What you should do:** Every poison is different, so contact a doctor immediately.

- 3 Put butter on a burn.

**The myth:** When I was little, my grandmother told me I had to put butter on my skin if I burnt it.

**Why it's wrong:** It can give you an infection and make the injury worse!

**What you should do:** Put the burn under cold water for a few minutes, then put a bandage on it to protect the burnt area and stop infection.

- 4 If someone has concussion, don't let them sleep.

**The myth:** I watched a TV programme recently where a man hit his head and his friend told him that he shouldn't fall asleep or he might not wake up again.

**Why it's wrong:** You might have concussion and one of the

symptoms is feeling tired. If you are awake and can speak and walk, rest is actually one of the best ways to treat concussion. But if you are worried you have a head injury, see your doctor.

**What you should do:** Get some rest!

- 5 Wear warm clothes in winter so that you don't come down with the flu.

**The myth:** Cold weather causes the flu.

**Why it's wrong:** It's a good idea to prepare for cold weather by wearing warm clothes, but the cold temperature doesn't cause the flu. The only thing that can cause the flu is the flu virus. If you already have this virus, then the flu symptoms can get worse.

**What you should do:** Eat healthily and do exercise to stay strong.