

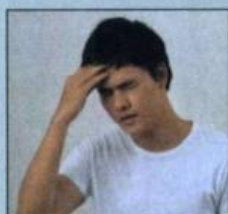
# 31 Illness

## A Common health problems

What's the matter?

I don't feel well.

I've got ...



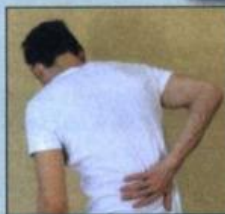
a headache



toothache



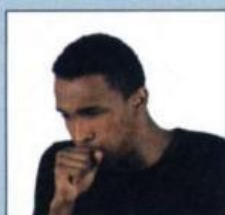
stomach ache



backache



a cold



a cough



(the) flu



a temperature



I feel sick.

### GLOSSARY

- common** If sth is **common**, it happens often.  
**health** If you are in good **health**, you are well, not often ill.  
**healthy** *adj* **unhealthy**  
**a cold** a common illness of the nose and throat  
**(the) flu** [U] an illness like a very bad cold, and often with a temperature

### SPOTLIGHT *be ill and be sick*

**Ill** means not well. An **illness** is a period of feeling ill.

- *Rafa's not here today: he's ill. He didn't go to school because of illness.*

To **be sick** usually means to bring up food from your stomach (ALSO **vomit**). If you **feel sick**, you think you are going to **be sick**.

- *I felt sick, so I ran to the bathroom. I was sick on the floor.*

### 1 Circle the correct answer.

► I'm /I've got a temperature.

1 What / What's the matter?

2 She feels / 's got a cold.

3 He doesn't feel / be well.

4 I feel / 've got toothache.

5 I've got headache / a headache.

6 Is / Has she got a temperature?

7 She's a healthy / health person.

8 I don't feel / be ill.

9 Do you feel / be sick?

10 A cold is a common / an often illness.

11 She is / 's got backache.

12 He's got flu / a flu.

13 I don't feel / haven't got a cough.

14 Does he feel / Has he got stomach ache?

### 2 Complete the sentences.

► I had to stand up for ten hours. Now I've got  
backache.

1 She smokes a lot, and now she's got a bad

~ Yes, and she doesn't do any exercise. She's very

2 He's got a . Look, it's 39 degrees.

3 What's the ? You look terrible.

~ I don't feel and I've got  
: I need to see a dentist.

4 I ate too much at lunch, and now I've got

5 My little boy had four ice creams and now he feels

6 I've got a temperature and a terrible headache. I think I've got

7 She's often ill. She's not in good

8 Flu is a horrible , and it's very  
in winter.

9 I don't think he's got flu. It's probably just a bad



### TEST YOURSELF



## B What should I do?



If you need **medical advice**, you **should** go to the **chemist's**.

Take some of those **tablets** to help you **rest** and sleep well.

You should **stay in bed** for a **couple of days**. You'll soon **get better**.

Have soup and hot drinks to **keep** you warm.

### SPOTLIGHT **should** + verb

You use **should** when you tell people what you think is the best thing for them to do. **Should** is used for giving advice.

- I feel terrible. ~ You **should** go to bed.
- ~ You **shouldn't** go to work today.

### GLOSSARY

<b>weak</b>	If you don't eat for a few days, you feel <b>weak</b> . OPP <b>strong</b>	<b>advice</b>	words you say that help sb decide what to do
<b>catch an illness</b> <i>pt caught</i>	get an illness, e.g. a cold, a virus	<b>chemist's</b>	a shop where you get medicine ALSO <b>pharmacy</b>
<b>virus</b>	a living thing that is too small to see but can make you ill. Flu is caused by a <b>virus</b> .	<b>rest</b>	relax, sleep or do nothing
<b>medical</b>	connected to doctors, hospitals and medicine	<b>stay in bed</b>	go to bed and not get up
		<b>a couple</b>	two or a small number: <b>a couple of days/weeks</b> , etc.
		<b>get better</b>	feel less ill SYN <b>improve</b>
		<b>keep (warm)</b>	stay (warm)

### 3 Are the underlined sounds the same or different? Write S or D. Use the **APP** to help you.

Practise saying the words.

▶ illness / medical D

1 virus / advice .....

3 weak / keep .....

5 catch / chemist's .....

2 should / couple .....

4 couple / improve .....

6 advice / caught .....

### 4 True or false? Write T or F.

▶ If you stay in bed, you can rest. T

1 If you get better, you feel weaker. ....

6 A doctor can give you medical advice. ....

2 A couple of weeks is about four weeks. ....

7 You shouldn't keep warm if you have flu. ....

3 You can get tablets at the chemist's. ....

8 If you stay in bed, you get up. ....

4 If you don't sleep for a week, you feel strong. ....

9 You shouldn't go to work if you have a virus. ....

5 A chemist's is the same as a pharmacy. ....

10 If you start to improve, you get better. ....

### 5 Complete the text.

Last week, I got home from travelling around Europe and I felt really ill. I probably ▶ caught a virus on the plane. I (1) ..... in bed for a (2) ..... of days, but I didn't (3) ..... I was worried, so I phoned my doctor to get some medical (4) ..... She gave me the name of some (5) ..... and told me I (6) ..... go to the (7) ..... and get some. She also said I had to stay in bed and (8) ..... as much as possible. I had hot drinks to (9) ..... me warm. I think I'm (10) ..... better now, but I still feel quite (11) .....

Send



TEST YOURSELF