

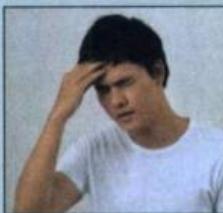
# 31 ) Illness

## A Common health problems

What's the matter?

I don't feel well.

I've got ...



a headache



toothache



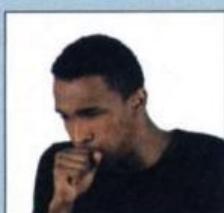
stomach ache



backache



a cold



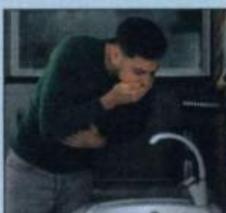
a cough



(the) flu



a temperature



I feel sick.

### GLOSSARY

<b>common</b>	If sth is <b>common</b> , it happens often.
<b>health</b>	If you are in good <b>health</b> , you are well, not often ill.
<b>healthy</b> adj	<b>OPP unhealthy</b>
<b>a cold</b>	a common illness of the nose and throat

<b>(the) flu</b> [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> pt <b>caught</b>	get an illness, e.g. <i>a cold, a virus</i>	<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: <i>a couple of days/weeks</i> , 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 to help you.

Practise saying the words.

- illness / medical **D**
- 1 virus / advice ..... 3 weak / keep .....
- 2 should / couple ..... 4 couple / improve .....
- 5 catch / chemist's .....
- 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. ....
- 2 A couple of weeks is about four weeks. ....
- 3 You can get tablets at the chemist's. ....
- 4 If you don't sleep for a week, you feel strong. ....
- 5 A chemist's is the same as a pharmacy. ....
- 6 A doctor can give you medical advice. ....
- 7 You shouldn't keep warm if you have flu. ....
- 8 If you stay in bed, you get up. ....
- 9 You shouldn't go to work if you have a virus. ....
- 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