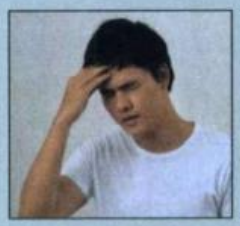
31 Illness

A Common health problems


a headache


toothache


stomach ache


backache


a cold


a cough


(the) flu


a temperature


I feel sick.

I don't feel well.

What's the matter?

I've got ...

GLOSSARY

common	If sth is **common**, it happens often.
health	If you are in good **health**, you are well, not often ill. **healthy** *adj* OPP **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 _____.

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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

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

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