

TRS601 – Biology – Collocations

Put the **collocations in the box** into the correct blanks in the text.

contain the virus	chronic diseases	treated	natural immunity	outbreak
fight off the virus	boost the immune system	eradicated	herd immunity	weaken
infectious diseases	long-lasting immunity		immune system	mutate

When a new **virus** appears, scientists race to understand how it spreads and how to (1) _____ before it reaches the wider population. Some viruses can (2) _____ quickly, which makes them harder to control. Once a person is infected, their body tries to (3) _____ by producing special cells that attack it.

However, not all infections are caused by viruses. Many people also suffer from (4) _____ such as diabetes or asthma. These conditions cannot be (5) _____, but they can often be (6) _____ or managed with the right medication and lifestyle choices. In contrast, (7) _____ like measles or flu can spread rapidly through communities, leading to unexpected (8) _____ if vaccination rates drop.

Vaccines play a key role in helping the body build (9) _____. After receiving a vaccine, the body “remembers” how to respond to the infection, providing (10) _____. When enough people are protected, a community can achieve (11) _____, which prevents the virus from spreading easily.

A strong (12) _____ is essential for staying healthy. Regular exercise, a balanced diet, and enough sleep can (13) _____, while stress or poor nutrition may (14) _____ it.