

### 3b exe 6 OS3 Health Problems



## Matching Exercise – Health Problems (B1)

### Instructions

Match the health problem (1–6) with the correct definition (A–F).

### Health problems

1. allergy
2. runny nose
3. sunburnt
4. cramp
5. fever
6. rash

### Definitions

- A. Red, sore skin caused by staying in the sun for too long.
- B. A sudden and painful tightening of a muscle.
- C. A high body temperature that shows you are ill.
- D. Red or itchy spots on the skin.
- E. A health problem caused by a bad reaction to food, pollen, or animals.
- F. Liquid coming out of the nose because of a cold or allergy.



## How to Treat an Allergy



An allergy happens when your body reacts badly to something like food, pollen, dust, or animals.

### ✓ Common ways to treat an allergy

- **Avoid the allergen**  
Try not to touch, eat, or be near the thing that causes the allergy.
- **Take antihistamines**  
These medicines help reduce symptoms like sneezing, itching, and a runny nose.
- **Use creams or lotions**  
Special creams can help if you have itchy skin or a rash.
- **Use nasal sprays**  
These help when allergies cause a blocked or runny nose.
- **Wash hands and face**  
This helps remove pollen or dust from your skin.
- **See a doctor**  
If the allergy is strong or does not improve, a doctor can give stronger medicine or advice.

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### ⚠ Important

If someone has **serious symptoms** (trouble breathing, swelling of the face or lips), they need **medical help immediately**.



## How to Treat a Runny Nose

A runny nose is often caused by a **cold, allergy, or flu**.

### ✓ Common ways to treat a runny nose

- **Use tissues**  
Blow your nose gently and throw the tissue away.
- **Drink plenty of fluids**  
Water, tea, or soup help your body recover.
- **Rest**  
Sleeping helps your body fight the illness.
- **Use saline spray**  
Salt-water nasal sprays help clean and soothe your nose.
- **Take medicine if needed**  
Cold or allergy medicine can reduce a runny nose.  
(Always follow instructions.)
- **Wash your hands**  
This helps stop the spread of germs.

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### ⚠ See a doctor if:

- The runny nose lasts **more than 10 days**
- You have a **high fever**
- The mucus is **thick and yellow or green**

# How to Treat a Sunburnt

A sunburn happens when your skin is damaged by **too much sun**.



## Common ways to treat a sunburn

- **Get out of the sun**  
Stay indoors or in the shade until your skin heals.
- **Cool the skin**  
Take a cool shower or use a cool, wet cloth on the skin.
- **Use aloe vera or moisturizer**  
These help soothe the skin and reduce pain.
- **Drink plenty of water**  
Sunburn can dry your body, so hydration is important.
- **Wear loose clothing**  
Soft, loose clothes help prevent irritation.
- **Take pain relief if needed**  
Mild painkillers can help with pain (follow instructions).

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## See a doctor if:

- The skin has **blisters**
- You feel **dizzy or sick**
- The pain is **very strong**

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## How to prevent sunburnt

- Use **sunscreen**
- Wear a **hat and sunglasses**
- Avoid strong sun (11 a.m. – 4 p.m.)





## How to Treat a Cramp

A cramp is a **sudden, painful tightening of a muscle**, often in the leg or stomach.

### Common ways to treat a cramp

- **Stop the activity**  
Sit or lie down and relax the muscle.
- **Stretch the muscle gently**  
Stretching helps the muscle loosen and reduces pain.
- **Massage the area**  
Rub the muscle softly to help it relax.
- **Apply heat or cold**  
Use a warm towel or heating pad to relax the muscle, or ice to reduce pain.
- **Drink water**  
Dehydration can cause cramps, so drink fluids.
- **Walk slowly**  
Gentle movement can help after the pain goes away.

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### See a doctor if:

- Cramps happen **often**
- The pain is **very strong**
- The cramp lasts a **long time**



## How to Treat a Fever fever

A fever means your body temperature is **higher than normal**. It often happens when you have an infection like a cold or flu.

### Common ways to treat a fever

- **Rest**  
Stay in bed and let your body recover.
- **Drink plenty of fluids**  
Water, juice, or soup help prevent dehydration.
- **Wear light clothing**  
Do not wear heavy clothes or blankets.
- **Use a cool cloth**  
Put a cool, wet cloth on your forehead to feel more comfortable.
- **Take medicine if needed**  
Fever medicine can help lower the temperature.  
(Always follow the instructions.)
- **Check your temperature**  
Use a thermometer to monitor the fever.

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### See a doctor if:

- The fever is **very high**
- It lasts **more than 2–3 days**
- You have **strong pain, vomiting, or trouble breathing**
- The fever is in a **young child or baby**

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### How to prevent fever

- Wash your hands often
- Eat healthy food
- Get enough sleep



## How to Treat a Rash

A rash is **red, itchy, or irritated skin**. It can be caused by allergies, heat, infections, or new products.

### Common ways to treat a rash

- **Keep the area clean**  
Wash gently with water and mild soap.
- **Do not scratch**  
Scratching can make the rash worse.
- **Use a soothing cream**  
Creams like moisturizer or anti-itch lotion help calm the skin.
- **Keep the skin cool and dry**  
Heat and sweat can irritate the rash.
- **Wear loose clothing**  
Tight clothes can rub the skin and cause more irritation.
- **Avoid the cause**  
Stop using new soaps, creams, or foods if they caused the rash.

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### See a doctor if:

- The rash spreads quickly
- It is **very painful or swollen**
- You have a **fever** with the rash
- The rash does not improve after a few days