

What You Should Know about the Flu

Influenza (or flu) can be a dangerous health problem. But there are many different kinds of flu. They are different every year. Some kinds can go from animals to people. Some are terrible, and others are not very bad.

The symptoms of flu start like the symptoms of a cold. You feel tired. Your head and body hurt. You have a sore throat and a cough. But the flu is different to a cold. With the flu, you can also have a fever. And people feel very sick very fast.

If you have the flu, you shouldn't go to work or school. You should stay at home and rest. If you have the flu, you normally get well again in two weeks. You don't have to go to the doctor. But you should call the doctor if you feel very sick because the flu can be dangerous for some people's health.

To not get the flu, you should wash your hands many times every day. Also, you shouldn't touch your face.



A Read the text. Then, circle **T** for *True* or **F** for *False*.

1. All flu is the same.
2. Animals can't get the flu.
3. A sore throat is a symptom of the flu.
4. People always have a fever with the flu.
5. If you have the flu, you should go to the doctor first.
6. If you are sick with the flu, it's easy to make other people sick.

B Circle the correct answer to complete the sentences.

1. *Flu* is another word for (a cold / influenza).
2. (Some / Many) types of flu can be dangerous for your health.
3. Flu symptoms start very (slow / fast).
4. If you have the flu, you (shouldn't / can't) leave the house.
5. (Some / Many) people go to the doctor when they have the flu.
6. If you don't want to get the flu, you (shouldn't / should) wash your hands.

C Change the underlined word(s) for words in the text with the same meaning.

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| 1. I'm <u>not well</u> . | I'm _____. |
| 2. The symptoms can be <u>very bad</u> . | The symptoms can be _____. |
| 3. Your <u>throat hurts</u> . | You have a _____. |
| 4. People <u>often</u> get well fast. | People _____ get well fast. |
| 5. You shouldn't <u>put your hands on</u> your face. | You shouldn't _____ your face. |
| 6. It's <u>not a good idea</u> to go to work. | You _____ go to work. |