

10 Recognizing symptoms

Cold OR Flu?

Know the Difference

It's flu season again. Knowing the difference between the flu and a cold saves lives. It's easy to get confused because a **stuffy nose**, sneezing, and **sore throat** are all symptoms of both diseases. Review the following conditions and symptoms to tell the difference.

With colds, patients get **moderate cases of coughs** at the worst. With the flu, coughing can become quite **severe**.

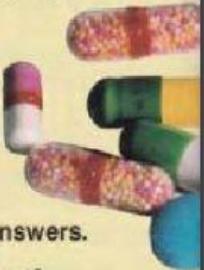
The flu also causes **severe aches and fatigue**. **Strong headaches** are a common flu symptom as well. In colds, these symptoms are usually **mild**. Colds rarely cause a high fever. In the flu, however, a **high fever** is one of the disease's **most characteristic** symptoms.



Get ready!

1 Before you read the passage, talk about these questions.

- 1 What are some common symptoms of colds and the flu?
- 2 Why is it important to recognize symptoms early?



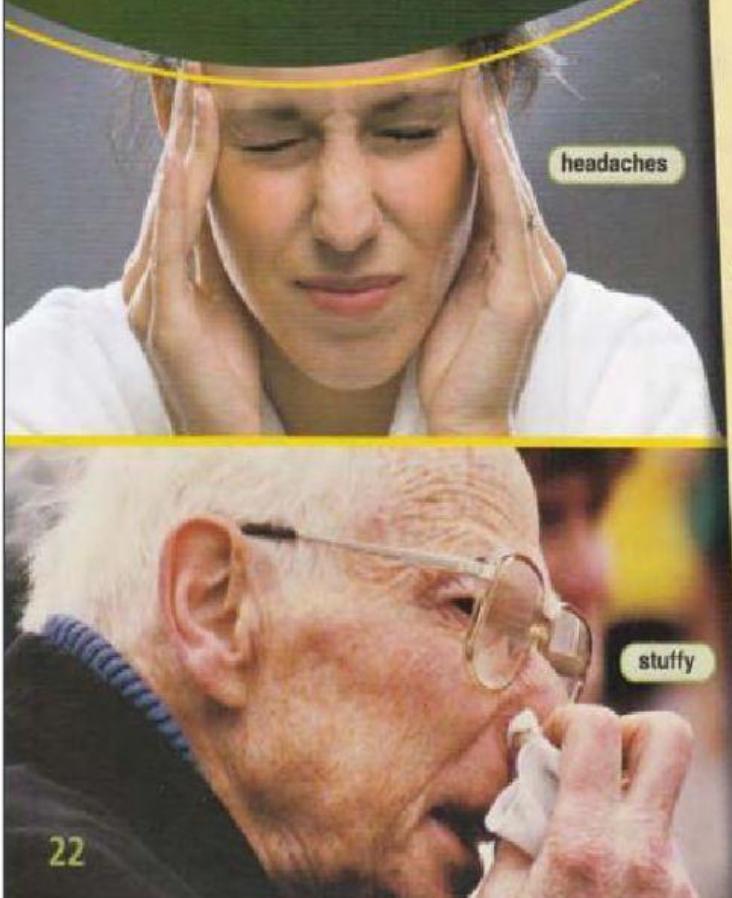
Reading

2 Read the hospital poster. Then, choose the correct answers.

- 1 What is the poster talking about?
 - how to prevent the flu and colds
 - telling colds and the flu apart
 - different cures for the flu and colds
 - reducing a severe fever in colds and the flu
- 2 What of the following is NOT a sign of a cold?

main characteristics.

Remember, early diagnosis of the flu saves lives.



A aches C sneezing
B high fever D coughing

3 What can you infer about the flu?
A It has no effective treatment.
B It causes a moderate stuffy nose.
C It is passed to others more quickly than colds.
D It occurs more frequently at certain points of the year.

Vocabulary

③ Match the words (1-6) with the definitions (A-F).

1	— headache	4	— ache
2	— severe	5	— sore throat
3	— fever	6	— mild

A	an unpleasant pain in the body
B	a pain in the head
C	an inflammation in the neck passage
D	slight
E	extremely strong
F	a high body temperature

4 Fill in the blanks with the correct words from the word bank.

Word BANK

fatigue cough stuffy moderate

- 1 The woman's severe _____ suggests that she has the flu, not a cold.
- 2 The patient reports feeling _____ aches, but nothing too painful.
- 3 Anne is having trouble breathing because of her _____ nose.
- 4 Robert's _____ is so severe that he doesn't have the energy to get out of bed.

5 Listen and read the poster again. Why is it difficult to distinguish between the flu and a cold?

Listening

6 Listen to a conversation between a nurse and a patient. Mark the following statements as true (T) or false (F).

- 1 ___ The man feels pain in his throat.
- 2 ___ The man's nose is stuffy.
- 3 ___ The woman suspects that the man has a cold.

Speaking

8 With a partner, act out the roles below based on Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

What are your symptoms?

I do have a headache.

That's likely a fever.

Student A: You are a nurse. You are trying to find out if a patient has a cold or the flu. Ask Student B questions to find out:

- symptoms
- sneezing
- aches and pains

Student B: You are a patient. Answer Student A's questions.

Writing

9 Use the conversation from Task 8 to fill out the patient's report.

7  Listen again and complete the conversation.

Nurse: Good morning, Mr. Thompson. Sorry you're not feeling well. What are your symptoms?

Patient: Well, I've got a 1 _____ and I keep 2 _____.

Nurse: Any sneezing? Or a 3 _____?

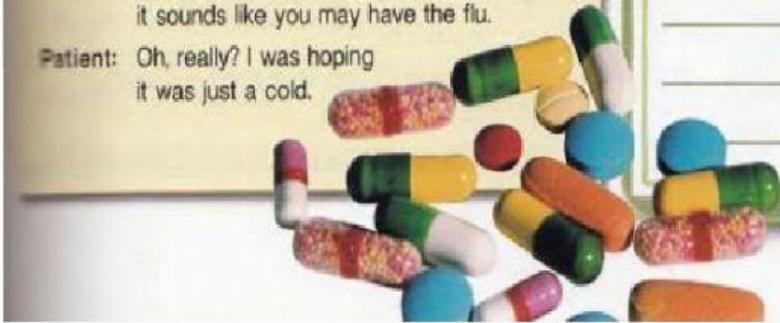
Patient: No, not yet at least. I do have a 4 _____.

Nurse: Are you feeling tired? Any 5 _____ or pains?

Patient: Yeah, I'm exhausted. And I feel really hot.

Nurse: That's likely a 6 _____. Mr. Thompson, it sounds like you may have the flu.

Patient: Oh, really? I was hoping it was just a cold.



 LONGMAN HOSPITAL

Patient Report

Patient Name: _____

Symptoms:

Diagnosis:
