# 31 Illness

## A Common health problems

What's the matter?

I don't feel well.

I've got ...

a headache

toothache

stomach ache

backache

a cold

a cough

(the) flu

a temperature

I feel sick.

**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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