1 *Any suggestions?*

A Check (✓) the best advice for each health problem.

1. a backache
- [x] use a heating pad
- [ ] get some exercise
- [ ] drink herbal tea

2. a bad cold
- [ ] see a dentist
- [ ] go to bed and rest
- [ ] go swimming

3. a burn
- [ ] take a multivitamin
- [ ] put it under cold water
- [ ] drink warm milk

4. a headache
- [ ] take some vitamin C
- [ ] take some aspirin
- [ ] take a cough drop

5. an insect bite
- [ ] apply anti-itch cream
- [ ] use eyedrops
- [ ] drink lots of liquids

6. sore muscles
- [ ] drink lots of hot water
- [ ] take some cold medicine
- [ ] use some ointment

B Write a question about each problem in part A. Then write answers using the words from the box. Use the advice in part A or your own ideas.

It's important . . . It's sometimes helpful . . . It's a good idea

LIVEWORKSHEETS