

## Any suggestions?

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

## 1. a backache

- use a heating pad
- get some exercise
- drink herbal tea

## 3. a burn

- take a multivitamin
- put it under cold water
- drink warm milk

## 5. an insect bite

- apply anti-itch cream
- use eyedrops
- drink lots of liquids

## 2. a bad cold

- see a dentist
- go to bed and rest
- go swimming

## 4. a headache

- take some vitamin C
- take some aspirin
- take a cough drop

## 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