

1**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**