

THEME 8 EMERGENCY AND HEALTH PROBLEMS VOCABULARY WORKSHEET (UPLIFT)

A. Match the health problems to the following advice. One is extra.

a sore throat / a stomachache / a swollen knee / a rash on a hand / the flu / sunburn / a headache

1. Drink warm tea with honey and rest your voice.
2. Have a rest and get plenty of sleep. Wash your hands regularly and drink vegetable or fruit juice.
3. Use a moisturizer during the dry and cold winter months. Avoid chemicals coming into contact with your skin and wear gloves when cleaning.
4. Drink plenty of water and eat crackers, rice, bananas, or toast. Avoid eating greasy foods like chips, hamburgers, etc.
5. Cool your skin with a cool shower, but do not use soap on the affected area. Use a moisturizer with aloe vera. Stay out of the sun.
6. Avoid standing for a long time. Apply ice for 15 to 20 minutes every two to three hours and see a doctor.

B. Match the health problems to the following advice. One is extra.

a broken leg / a fever / a toothache / a headache / a backache

1. You ought to drink plenty of water. You should also rest in a dark and quiet room and apply a cold pack to your forehead.
2. You must not lift heavy things. You should do exercises to make your muscles stronger and keep moving. You must see a doctor if the pain continues after a few weeks.
3. You must not move it. You had better remove clothes from the injured area, apply an ice pack wrapped in a towel, and rest until help arrives.
4. You should drink plenty of water and take a warm shower. You must see a doctor when the body temperature is higher than 39°C.

C. Match the correct specialists to the health problems below. One is extra.

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| 1. A dermatologist | a treats problems of the gums, teeth, and mouth. |
| 2. A surgeon | b treats mental health problems. |
| 3. A dentist | c treats sleep disorders. |
| 4. A psychiatrist | d treats conditions that affect your hair, skin, and nails. |
| 5. A sleep specialist | e treats eye and vision problems. |
| | f treats illnesses and injuries by operating on patients. |

D. Match the words to the definitions below.

genetic / prescribe / insomnia / trick / remedy / misinformation / over the counter

1. the characteristics of living things passed from parents to children
2. false or inaccurate information
3. treatment for a disease or an injury
4. the condition of being unable to sleep over a period of time
5. available for purchase without a special note from a doctor
6. to give someone medicine or medical treatment
7. to make someone believe something false

E. Complete the sentences with the words below.

insomnia / misinformation / over-the-counter/ trick / genetic / remedy / prescribe

1. _____ factors play an important role in determining how we look.
2. Chicken soup is the best _____ when you have got a cold.
3. _____ is a common sleep disorder that can make it hard to fall asleep.

4. Only a doctor can _____ you medicine. Never use someone else's medications.
5. Optical illusions can _____ our eyes and brain into seeing something that is not really there.
6. You can buy a(n) _____ saltwater spray for your stuffy nose.
7. Fake news and _____ travel faster than real news on social media.

F. Put the sentences in order to make a meaningful conversation.

- ___ Caller: Jeffery Johns.
- _1_ Operator: What's your emergency?
- ___ Operator: OK, thank you.
- ___ Caller: I'd like to report an accident.
- ___ Operator: What's your name?
- ___ Caller: I'm on Green Road near the Chinese restaurant.
- ___ Operator: OK, Mr Johns. Can you tell me what happened?
- ___ Caller: One of the drivers has been trapped in the car, and she's unconscious. The other driver is conscious, and he seems to have minor injuries. We need an ambulance right away.
- ___ Caller: Yes, she is.
- ___ Caller: There's been a car accident.
- ___ Operator: Where are you now?
- ___ Operator: Is anyone hurt?
- ___ Caller: Yes, you can.
- ___ Operator: Is the woman breathing?
- ___ Operator: The ambulance is on the way, and it'll be there very soon. Can we contact you on this number?