

23 Feeling ill

1 Basic vocabulary

Translate the words in colour into your language:

1. I've got a **cold**.
2. My neck **aches**.
3. I think I've got **flu**.
4. I've got a **pain** in my knee.
5. I've got a **sore** back.
6. My arm **hurts**.
7. Have you got a **temperature**?
8. What are the **symptoms**?

2 Saying you don't feel very well

Match the beginnings of each sentence on the left with the pairs of endings on the right:

1. I'm **B** a. **terrible / awful / dreadful**.
a bit **under the weather**.
2. I've got **C** b. ill.
not very well.
3. I don't feel **D** c. a cold.
the flu.
4. I feel **A** d. very well.
too good.

4 Causes and symptoms

Match the symptom on the left with the cause on the right:

1. I've got a blister. **F, 12**
 2. I've got a headache. **C, 16**
 3. I've got **jetlag**. **H, 10**
 4. I've got a bad back. **B, 14**
 5. I'm feeling really **run down**. **A, 11**
 6. I've got a **splinter** in my hand. **D, 15**
 7. My nose is **blocked up**. **G, 13**
 8. I've got **diarrhoea**. **E, 9**
- a. I think I've been working too much.
 - b. Our bed is too soft. We need to get a firmer one.
 - c. I had too much to drink at dinner last night.
 - d. I've just been chopping some wood.
 - e. It must have been that take-away last night.
 - f. I wore the wrong shoes to go hill-walking!
 - g. I always get **hay fever** at this time of year.
 - h. It was an 18-hour flight and a 10-hour time difference.

Now match the following pieces of advice to the situations above:

9. Make sure you drink plenty of water. Otherwise, you'll get **dehydrated**.
10. Go straight to bed for a couple of hours, then get back to your normal sleeping pattern tonight!
11. Why not take some time off and go somewhere warm? That's what you need!
12. There's a special kind of **plaster** you can use on blisters. I had one and it helped a lot.
13. Get one of those **nasal sprays** from the chemist. They always work for me.
14. Have you tried an **osteopath** or a **chiropractor**?
15. Let me see. Have you got a pair of **tweezers**?
16. Stick to orange juice in future!

3 Serious conditions

Match the condition on the left with the part of body that it particularly affects on the right:

1. appendicitis **D** a. your stomach
2. tonsillitis **G** b. your lungs
3. hepatitis **F** c. your head
4. asthma **B** d. your appendix
5. an **ulcer** **A** e. your joints and bones
6. arthritis **E** f. your blood
7. migraine **C** g. your tonsils

Match the diseases with their possible causes:

8. AIDS **M** h. stress
9. typhoid **L** i. the sun
10. heart disease **H** j. smoking
11. skin cancer **I** k. a mosquito **bite**
12. malaria **K** l. dirty water
13. lung cancer **J** m. unprotected sex

5 Health problems

Complete the following dialogues with the sentences below:

- a. I've got a bit of a **hangover**.
- b. I feel **dizzy**.
- c. I've **caught** a cold.
- d. You'll make yourself ill.
- e. I always get **seasick**.
- f. I've got **indigestion**.

1. What's the matter? **F**
> I think I ate my dinner too quickly.
2. Maybe we should take the boat. It's much cheaper than flying. **E**
> Oh no, I'd rather not.
3. I think **C**
> Well, why don't you have a glass of hot lemon and honey and get an early night?
4. **A**
> Well, it's your own fault. You shouldn't have opened that second bottle of wine!
5. You look **exhausted**. You've been working too hard recently. If you don't slow down a bit, **D**
6. Are you all right? You've **gone as white as a sheet!**
> No, I need to sit down. I. **B**.

6 Illnesses and symptoms

Match these illnesses with the symptoms below:

- hay fever** **food poisoning** flu
- an allergy bronchitis **measles**

1. I've got a terrible **cough** and **pains** in my chest, and I seem to be constantly **short of breath**. **bronchitis**
2. I feel absolutely awful. My temperature is 41°, and I've got a headache and a **runny nose**. I've got a **sore throat** – it's agony every time I swallow. **flu**

3. I can't go near cats. I **come out in** a horrible red **rash**. **an allergy**
4. She's been off school for two weeks now. She's got a temperature and she's covered in little red **spots**. She's completely lost her appetite – she hasn't eaten a thing for the last three days. **measles**
5. I think it must be something I ate. I was sick all night. I still feel sick now and I've got a terrible **stomach-ache**. **food poisoning**
6. It's the same every summer. My eyes get really **itchy** and I can't stop **sneezing**. **hay fever**

In British English **sick** means **vomit** (bring food back up from the stomach).

If you have an allergy, you are **allergic to** something. Are you allergic to anything?

7 She's feeling a bit better

Complete the following dialogue with the correct form of the verbs below:

- recover** feel get make

- A: The office is empty. Where is everybody this morning?
- B: Well, Jane phoned to say she's got an **upset tummy**, but she said she'll come in as soon as she's **feeling** . . . a bit better – probably this afternoon. Dave's got the flu and he says it'll take him a few days to **get** over it – and Sarah's plane was delayed at the airport for seven hours and she wants an extra day to **recover** . . . from the journey. At least Mark's here – he'd been in bed with tonsillitis all weekend, but he's **making** . . . a speedy recovery and he's upstairs working at his computer at this very moment.
- A: I'm glad somebody's here!

There are several different ways of talking about **stomach problems**. An **upset stomach**, an **upset tummy** or **indigestion** are not very serious. If it is serious, you might talk about **stomach trouble**.

Add your own words and expressions

- measles = spalni ky, osypky
- German measles/rubella = zard nky
- whooping cough/pertussis = erný kašel
- diphtheria = záškrt
- scarlet fever = spála

- mumps = p íušnice
- chickenpox/varicella = plané neštovice
- polio/poliomyelitis/infantile paralysis = d tská obrna
- ricketts/rachitis = k ivice/rachitida