

1. Use the appropriate form of the word in brackets

A common cold is usually harmless. The symptoms are runny or stuffy nose, sore throat, watery eyes. A common cold can be caused by one of more than 200 viruses; therefore symptoms tend to vary. However, it is unlikely that you will have a high fever and experience significant fatigue. Symptoms of a common cold usually appear about one to three days after exposure to a cold virus.

The most common causes of pneumonia are bacteria, viruses and **fungi**. You can also get it by accidentally inhaling a liquid or chemical. If you have pneumonia, you may have difficulty breathing and have a cough and a fever. The best preventive measures include

not smoking and wearing a mask when cleaning dusty or **mouldy** areas.

Bronchitis causes a cough, shortness of breath and chest tightness.

2. Read the sentences and complete only one word into each gap.

1. Most people recover from a common cold in about a week or two.
2. Pneumonia is usually caused by an infection.
3. People most at risk are older than 60.
4. Treatment depends on what made you sick.
5. Bacterial infection accounts for up to a quarter of all pneumonias.
6. If you smoke, quitting may prevent you from getting the disease.
7. Treatment is based on whether your symptoms are mild, moderate or severe.

3. Speaking



1. Describe the photos. What is the link between the photos? (dusty environment, droplet infection, pollen, dust mites, waiting room, contagious, spread)
2. What is the definition of asthma? What symptoms you expect to see?
3. Asthma affects 5-8% of the population in the UK. What is the percentage in your country? Is it increasing or decreasing? What are the causes of asthma in your country?

Defining and non-defining relative clauses

1. The woman who (that) lives next door is a doctor.
2. We chose the midwife (who, that) you recommended.
3. The patient whose kidney started to fail is slowly recovering.

1. My brother Rob, who lives in Australia, is a doctor.
2. We chose the midwife Ms Smith, who you recommended.
3. Liz, whose kidney started to fail, is slowly recovering.

1. Decide which rules apply to defining and which to non-defining relative clause.

non-defining

1. It is a clause which gives extra information which does not help us identify the person or thing.
5. 'Who/what' cannot be left out even if it is the object of the relative sentence.
6. It is separated by commas.
7. 'That' cannot be used in this clause.

defining

2. We can use 'that, who, which,' etc.
3. 'Who/that/which' can be left out if it is the object of the relative sentence.
4. Commas are not used.
8. It is a clause which helps us identify the person or thing that we are talking about.

2. Complete a relative pronoun and write commas if necessary.

- a. Louis Pasteur, ___ who ___ discovered the principles of vaccination, died in 1895 near Paris.
- b. People ___ who ___ are suffering from emphysema should give up smoking.
- c. Acute bronchitis, ___ whose ___ symptom is a lingering dry cough, usually goes away on its own.
- d. I live in London, ___ which ___ has some fantastic parks.
- e. I want some drops ___ that/which ___ can be used with this decongestant.
- f. Kidney transplant is a treatment ___ is given to people with renal failure.
- g. The on/off switch, ___ which ___ is at the back of the machine, is broken.
- h. Patients ___ who/that ___ have dialysis at home can get on with their lives more easily.
- i. This is the x-ray of Mr. Brown, ___ to whom ___ I gave some pain killers. (there is only one Mr. Brown in the hospital)
- j. My brother, ___ who ___ lives in New York caught pneumonia. (I have only one brother)

Study these two sentences:

I did not manage to learn everything for the exam, which is bad.

I have to go to the doctor, which means I won't be able to see you.

We also use which to refer to the whole situation talked about in the sentence before the relative clause. In this case, we have to use a comma to separate the sentences.

Listening: How To Cope With The Common Cold

a) Discuss with your partner:

- I. How often do you catch a cold? In which part of the year do you usually catch a cold?
- II. What are the most common cold symptoms? Which of them do you usually suffer from?
- III. What's the best treatment for a cold?

b) Listen and write down 8 steps which help you cope with a cold.

c) Listen once more and fill in the gaps.

Step 1: The earlier you catch a cold coming on, the earlier you can start helping your body to fight it off (1). Sneezing, a runny nose and a cough (2) are usually the earliest presenting symptoms.

Step 2: Although we don't know why, high levels of stress seem to cause a big reduction in the immune system's effectiveness (3). Removing stress factors like the latest deadline will help your body to fight off (4) the cold.

Step 3: Nothing will cure (5) your cold, but there are medicines that can help to relieve (6) your symptoms. Basic painkillers such as aspirin, paracetamol and ibuprofen can help reduce the discomfort of a sore (7) throat, headache or high temperature. Nasal decongestant (8) sprays are the best at relieving a blocked (9) nose, although are only effective for 5-7 days, after which they can actually worsen the problem. Cough medicines are less effective, but can still have some impact (10) on chesty and dry coughs.

Step 4: Hot drinks will give instant relief (11) to a sore throat. Making yourself very spicy food or hot soup to eat also has a calming effect on a sore or tickly throat. Inhaling steam from very hot water can help to loosen (12) a blocked nose, although be careful to avoid getting steam in your eyes.

Using more pillows than normal in bed to prop up your head can also relieve ____ congestion ____ (13) and help you sleep.

Step 5: There is anecdotal evidence that ____ supplements ____ (14) such as extra Vitamin C help to ____ boost ____ (15) the immune system, although it is not advised that you take large amounts of any one vitamin or herbal remedy. Check the advice on the box for recommended ____ dosage ____ (16) levels.

Step 6: If you are a smoker, now is a good time to ____ quit ____ (17). Smoking irritates the membranes in your nose further, causing your symptoms to get worse.

Step 7: The symptoms of a cold drain your body of ____ moisture ____ (18). To keep your body strong enough, make sure to regularly drink fluids throughout the day.

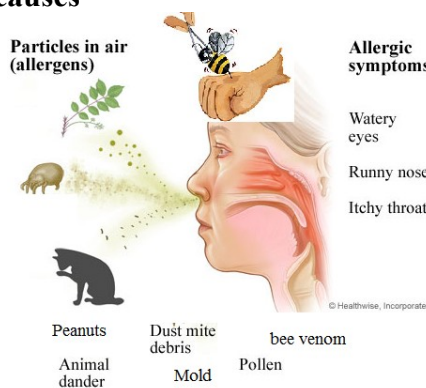
Step 8: Although colds usually do not leave you unable to do things, they will vastly decrease your ____ stamina ____ (19) and energy levels. Straining yourself beyond your body's reduced limits will only make you feel worse, and ____ prolong ____ (20) your recovery time.

<http://www.videojug.com/film/how-to-cope-with-the-common-cold>

Allergies: what are they and how to cope with them?

With your partner talk about the possible causes of allergies, their symptoms a treatment

causes



symptoms



treatments

