

# 23 Feeling ill

<sup>x</sup> While SYMPTOMS are problems that a patient notices or feels, SIGNS are whatever a physician can objectively detect or measure.

## 1 Basic vocabulary

Translate the words in colour into your language:

- |                                |                  |
|--------------------------------|------------------|
| 1. I've got a cold.            | coryza, snuffle  |
| 2. My neck aches.              | a sore throat    |
| 3. I think I've got flu.       | influenza        |
| 4. I've got a pain in my knee. | My knee hurts.   |
| 5. I've got a sore back.       | backache         |
| 6. My arm hurts.               | a pain in my arm |
| 7. Have you got a temperature? | a fever          |
| 8. What are the symptoms?      | x signs          |

## 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:

- |                          |   |
|--------------------------|---|
| <b>B</b> 1. I'm          | a. terrible / awful / dreadful.<br>a bit under the weather. |
| <b>C</b> 2. I've got     | b. ill.<br>not very well.                                   |
| <b>D</b> 3. I don't feel | c. a cold.<br>the flu.                                      |
| <b>A</b> 4. I feel       | d. very well.<br>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 | a. I think I've been working too much.                     |
| 2. I've got a headache.            | C, 16 | b. Our bed is too soft. We need to get a firmer one.       |
| 3. I've got jetlag.                | H, 10 | c. I had too much to drink at dinner last night.           |
| 4. I've got a bad back.            | B, 14 | d. I've just been chopping some wood.                      |
| 5. I'm feeling really run down.    | A, 11 | e. It must have been that take-away last night.            |
| 6. I've got a splinter in my hand. | D, 15 | f. I wore the wrong shoes to go hill-walking!              |
| 7. My nose is blocked up.          | G, 13 | g. I always get hay fever at this time of year.            |
| 8. I've got diarrhoea.             | E, 9  | 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 the body that it particularly affects on the right:

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

Match the diseases with their possible causes:

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

## 5 Health problems

Complete the following dialogues with the sentences below:

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

1. What's the matter?

> I think I ate my dinner too quickly. **I've got indigestion.**

2. Maybe we should take the boat. It's much cheaper than flying.

> Oh no, I'd rather not. **I always get seasick.**

3. I think **I've caught a cold.**

> Well, why don't you have a glass of hot lemon and honey and get an early night?

4. **I've got a bit of a hangover.**

> 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, **you'll make yourself ill.**

6. Are you all right? You've gone as white as a sheet!

> No, I need to sit down. **I feel dizzy.**

## 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**

- I can't go near cats. I **come out in** a horrible red **rash**. **an allergy**
- 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**
- 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**
- It's the same every summer. My eyes get really **itchy** and I can't stop **sneezing**. **hay fever**

In British English *be 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 **made/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**.*

the trots/runs  
worn out/weary  
the morning after (feeling)  
chill  
German measles/rubella  
smallpox, chickenpox  
dyspepsia  
giddy

### Add your own words and expressions

I have the sniffles.  
My nose is running.  
I feel a flu coming on.  
I've caught a chill.  
I have vertigo.  
weary to death  
constipation