

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.

Make sure you know these words:

DUSTY ENVIRONMENT DROPLET INFECTION POLLEN DUST MITES
AIRBORNE SUBSTANCES MOLD SPORES WHEEZING
SPREAD OF BACTERIA CONTAGIOUS INFECTIONS OVERCROWDED PUBLIC
TRANSPORTATION ANIMAL DANDER ALLERGENS NARROWING OF AIRWAYS
QUICK-RELIEF INHALER
LIFE-THREATENING ATTACKS AIR POLLUTANTS SPIROMETRY

Defining and non-defining relative clauses

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. Such information does not help us identify the person or thing to which the sentence relates.
5. 'Who/which' 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 ("THAT" cannot be used here) discovered the principles of vaccination, died in 1895 near Paris.
- b. People who, that 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 which/that is given to people with renal failure.
- g. The on/off switch, which is at the back of the machine, is broken. (The machine has only one on/off switch.) The on/off switch which/that is at the back of the machine is broken. (The machine has two or more switches)

- 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) My brother who/that lives in New York caught pneumonia. (I have two or more brothers).

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.

For more on relative clauses see xGrammar basic/advanced

Listening: How To Cope With The Common Cold

You can listen to it at <http://www.videojug.com/film/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.