



1. Look in your dictionary. Complete the chart.

Illness or Condition	What is it?	Contagious?	What are some symptoms?
a. <i>arthritis</i>	A disease of the joints	No	painful, swollen, stiff joints, often in hands, feet, shoulders, and hips
b.	A medical condition	No	tight feeling or pain in chest, difficulty breathing, wheezing, coughing
c.	A common childhood disease	Yes	red, itchy rash on face, body, and inside throat that turns into blisters; fever
d.	A very common infection of the nose, throat, etc.	Yes	runny or stuffy nose, itchy or sore throat, cough, sneezing, low fever, tiredness, watery eyes
e.	A disease of the brain, more common in older people	No	confusion, problems with memory, language, and thinking; personality changes
f.	A condition caused by the pancreas not making enough insulin	No	tiredness, thirst, increased hunger, weight loss, blurred vision
g.	an infection most common in infants and children	No	nervousness, earache, "full" feeling in the ear, fever, difficulty hearing
h.	a condition often caused by hard and narrow arteries	No	(Often no symptoms in beginning) Later: chest pains, heart attack
i.	the virus that causes AIDS	Yes	(In the beginning) swollen glands, sore throat, fever, skin rash
j.	a common childhood disease	Yes	fever, dry cough, runny nose, red eyes, tiny spots inside mouth, red rash on forehead and around ears, and, later, whole body
k.	a childhood disease	Yes	painful, swollen glands (between ear and jaw) on one or both sides of face, fever, tiredness

Based on information from: Mayoclinic.com (1998–2007 Mayo Foundation for Medical Education and Research).

2. What about you? Check (✓) the illnesses or medical conditions you had as a child.

measles
 mumps
 chicken pox
 ear infection
 allergy

Challenge Find out about high blood pressure. What is it? Is it contagious? What are some symptoms?





1. Look in your dictionary. Which symptom or injury are they talking about?

- a. "This one in the back hurts." _____ toothache _____
- b. "The thermometer says 101." _____
- c. "I ate too much ice cream." _____
- d. "Next time I'll wear gloves to rake the leaves." _____
- e. "Press on it to stop the bleeding." _____


2. Circle the words to complete the article.

<http://www.abouthealthhints/default.us>

HOME HEALTH HINTS

Sick or injured? Try some of these tips:

- ★ After a day in the sun, put oatmeal in your bath water for a swollen finger / sunburn.
a.
- ★ A sprained / cut ankle or wrist is a common sports injury. Use RICE—Rest, Ice, Compression (wrapping a tight elastic bandage), and Elevation (raising the injured part).
b.
- ★ Rub deodorant on blisters / insect bites caused by bees or spiders.
c.
- ★ Eating bad food can make you feel nauseous. You might even throw up / sneeze.
d.
Drinking warm cola helps you feel better.
- ★ It's hard to swallow with a backache / sore throat. Soft ice cream helps.
e.
- ★ Put an ice pack on a rash / bruise the first day. After 24 hours, use a heating pad.
f.
- ★ For headaches / nasal congestion, take hot baths and drink fluids to breathe more regularly.
g.
- ★ It's not bad to cough / feel dizzy—it gets bacteria out of your lungs. But an over-the-counter syrup helps you stop when you want to sleep.
h.



Remember: These problems can be serious. If you feel very bad or if the problem continues or gets worse, see your doctor or other health professional.

3. What about you? What do you do when you have a stomachache? an earache? a rash?

Example: *When I have a stomachache, I drink tea.*

Challenge Find out about blisters. What are they? Write about how to prevent and treat them.

