

get to know your medicines

Activity Book



**A teaching
resource for
adult ESL**

**Developed by AMES
with the National
Prescribing Service**

I've got a cold!

get to know your medicines

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I've got a cold!



I've got a cold!

Key messages

- What the common cold is and isn't, and appropriate treatments
- Antibiotics are unnecessary for the common cold (some respiratory illnesses such as middle ear infections and severe tonsillitis and sinusitis may require antibiotics)

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Comprehension Exercise – Summary

Read and listen to the story and dialogue. Then choose the best summary.

1. Marcel feels awful. He's got a cold. He's got a runny nose, a temperature, a sore throat and a headache. He goes to the doctor. The doctor tells him to go home, go to bed, rest, drink water and watch TV. The doctor gives him a certificate for two days. The doctor's daughter is sick too. She's got a headache, a cough and a bit of a sore throat. The doctor says if she gets worse, he will see her. She is staying home from school today. Marcel's wife and son are well.
2. Marcel feels awful. He's got a cold. He's got a runny nose, a temperature, a sore throat and a headache. He goes to the doctor. The doctor tells him to go home, go to bed, rest, drink water and treat the symptoms. The doctor gives him a certificate for two days. Marcel's daughter is sick too. She's got a headache, a cough and a bit of a sore throat. The doctor says if she gets worse, Marcel should bring her to see him. She is staying home from school today. Marcel's wife and son are well.
3. Marcel feels awful. He's got a cold. He's got a runny nose, a temperature, a sore throat and a bad cough. He goes to the doctor. The doctor tells him to go home, go to bed, rest, drink water and treat the symptoms. The doctor gives him a certificate for three days. Marcel's daughter is sick too. She's got a headache, a cough and a bit of a sore throat. The doctor says if she gets worse, she should go to hospital. She is staying home from school today. Marcel's wife and son are well.

The best summary is _____

I've got a cold!

Listening Exercise – Gap fill

Read and listen to the sentences. Fill in the gaps using words from the box below.

share	immune system	drink	rest
bacteria	spread	sore throats	blow
treat	hands	infections	wash

Fighting a cold with common sense

The common cold, flu, most coughs and _____, are caused by viruses.

Your _____ fights and overcomes most viruses.

Antibiotics don't fight viruses. They fight _____ caused by _____.

To fight a cold:

- get plenty of _____ to help your body fight the virus
- _____ water to replace lost fluids
- _____ the symptoms to help you feel better while your body fights the infection.

Cold and flu viruses are _____ to other people by droplets of fluid from your nose and mouth.

To help stop the spread:

- keep your _____ away from your eyes, nose and mouth
- use paper tissues to _____ your nose and then throw them away
- _____ your hands well with soap as often as possible
- don't _____ cups, glasses or cutlery.

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Pronunciation Exercise – Sentence stress

In spoken English, sentences have stressed and unstressed words. Content or key words are stressed. Stressed words are longer and louder than unstressed ones.

Stress the important content words in a sentence. Listen.

● ● ●
Oh, I feel awful. I've got a cold.

● ●
I can't stop coughing!

Listen and mark the sentence stress.

1. Oh, I feel terrible.

2. I can't stop coughing.

3. I've got a runny nose.

4. I've got blocked ears.

5. I've got a temperature.

6. I've got a headache.

7. I can't stop sneezing.

8. I've got a sore throat.

9. I'm miserable.

10. I'm not at all well.

11. I'm not too good.

12. I feel shocking.

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I've got a cold!

Answers

Comprehension

The best summary is 2.

Listening

Fighting a cold with common sense

The common cold, flu, most coughs and sore throats are caused by viruses.

Your immune system fights and overcomes most viruses.

Antibiotics don't fight viruses. They fight infections caused by bacteria.

To fight a cold:

- get plenty of rest to help your body fight the virus
- drink water to replace lost fluids
- treat the symptoms to help you feel better while your body fights the infection.

Cold and flu viruses are spread to other people by droplets of fluid from your nose and mouth.

To help stop the spread:

- keep your hands away from your eyes, nose and mouth
- use paper tissues to blow your nose and then throw them away
- wash your hands well with soap as often as possible
- don't share cups, glasses or cutlery.

Pronunciation

1. Oh, I feel terrible.

2. I can't stop coughing.

3. I've got a runny nose.

4. I've got blocked ears.

5. I've got a temperature.

6. I've got a headache.

7. I can't stop sneezing.

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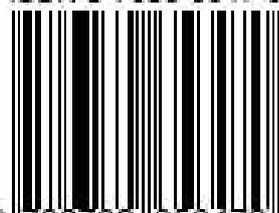
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This ESL activities workbook forms part of the *get to know your medicines* resource. It is designed to be used with the series of six *get to know your medicines* readers. This book comprises activities for each reader, including comprehension, listening, speaking, pronunciation, vocabulary, grammar, reading and writing, with answers. The activities have been developed for adult ESL learners at elementary level (ISLPR 1/High CSWE 1-CSWE 2).

The accompanying audio cassette/CD includes the stories and listening and pronunciation exercises.

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