



Otázka: Health

Jazyk: Angličtina

Přidal(a): Petra

Task 1

Choose at least 5 sicknesses and injuries and talk about their symptoms, possible treatment/first aid and prevention.

Cold

Symptoms – runny nose, headache, cough

Treatment – nose drops, cough drops, painkillers, lie in bed

Prevention – avoid contact with ill people, don't go to crowded places, healthy diet

Flu

Symptoms – runny nose, cough, headache, high temperature, joint pain

Treatment – lie in bed, drink a lot, reduce temperature

Prevention – avoid contact with ill people, don't go to crowded places, healthy diet, sport



Sore throat

Symptoms- pain in throat, temperature, swollen tonsils

Treatment- drink warm drinks, compresses on neck, gargle

Prevention- avoid contact with ill people, don't drink cold drinks, don't eat freezy food

Food poisoning

Symptoms- nausea, vomiting, stomachache, diarrhoea

Treatment- you must see the doctor

Prevention- never eat food, which don't know, healthy diet

Allergy

Symptoms- runny nose, sneezing, itch, rash, watery eyes, swelling

Treatment- take drugs against allergy, take inhaler, see the doctor

Prevention- avoid things, which cause allergy

High blood pressure

Symptoms- headache, quick heartbeat, vertigo, perspiration

Treatment- see the doctor, take drug against high blood pressure



Prevention- take regularly drug ti high blood pressure, regularly see the doctor, stop smoking, don't eat fat meal

Sunburn

Symptoms- haedache, nausea, vertigo, temperature

Treatment- drink a lot, put cold compresses, stay in

Prevention- wear cap, drink enough, avoid beeing on sun between 11am-3pm

Cut finger

Symptoms- bleeding, pain

First aid- wash under water, desinfect, use adhesive plaster

Prevention- don't play with sharp things, be careful

Sprained ankle

Symptoms- pain, sweling

First aid- put ice, use bandage, you shouldn't walk

Prevention- be careful

Backache

Symptoms- pain in back



Treatment- use warm-up plaste, go to massage/fyziotherapy

Prevention- be careful, you don't carry heavy things

Tick bite, bee/ wasp sting

Symptoms- redness, swelling, pain

First aid- remove tick/sting, take disinfection

Prevention- use repellent

Broken bone

Symptoms- pain

First aid- immobilize limb, you must see the doctor

Prevention- be careful

Task 2

Decide what to put in a first aid kit when you go hiking in the mountains

A thermometer

B syringe

C an adhesive bandage



D latex/disposable gloves

E pain killers, aspirin

F tweezers

G a glass

Thermomether- I think that thermomether isn't important, because temperature can be measured when we put our palm on forehead of ill person.

Syringe- Only nurses should use syringes. I think that application of syringes by amateurs is dangerous. Do you agree with me?

An adhesine bandage- This is first thing, which mustn't be missing in first aid kit. Whenever we can cut or graze something.

Latex gloves - I'll put gloves to first aid kit, because they are useful. They protect our health against viruses and infection.

Pain killers- These pills of course we must put to first aid kit because we might need them when something hurts.

Tweezers- they are useful when we stick in splinter to finger or get a tick bite.

A glass- Glass is unnecessary thing, because usually we will have a bottle of water. And glass is big and occupies space in first aid kit.