

Sickness, Symptoms, and Medicine

Warm up:

- How often do you get sick?
- What do you usually do if you have a cold?
- If you have a headache, do you take painkillers right away?
- What are some basic hygiene tips that can stop the spread of sickness?
- Do you believe in “working through” sickness, or do you prefer to rest in bed?



1. In pairs join the symptoms/sicknesses in the first box with the treatments/advice in the second box. Discuss the advice with your partner. More than 1 answer is possible.

First conditional + should is often used to give advice. Normally the structure of first conditional is (If + present simple), (will + infinitive).

Eg “If he doesn’t go to the doctor, his injury will get worse.”

However, modal verbs such as should, can, and might can replace “will” in this structure.

Eg “If you have a cold, you can take a day off.”

Use “If you have a...” + “then you should...” to give advice below.

If you have...

a cold	a headache	sore muscles	a runny nose	the flu
a stomachache	trouble sleeping	a toothache	a rash	an injured leg
a sore throat	a cough	sunburn	hay fever	indigestion

, then you should....

buy some tissues.	see a doctor.	avoid running.
take some painkillers.	stay in bed.	take a hot bath.
get some cough lozenges.	drink some lemon tea.	go to a dentist.
stop drinking coffee.	put on some ointment.	eat less spicy food.
avoid flowers and grass.	call your mum.	reduce screen time (T.V etc)



2. Create 4 of your own suggestions about what people *shouldn't* do when they are sick

Eg "If you have a sore throat, you shouldn't smoke"

- 1.....
- 2.....
- 3.....
- 4.....



3. Match the document on the left to its description on the right.

- | | |
|--------------------|---|
| a) Sick note | 1. A document that allows you to buy restricted medication. |
| b) Receipt | 2. A form requesting payment from an insurance company |
| c) Prescription | 3. A document that states you are unable to work. |
| d) Invoice | 4. A document from a GP sending you to a specialist. |
| e) Pamphlet | 5. A document requesting payment for goods or services. |
| f) Referral | 6. A small booklet containing basic information. |
| g) Insurance claim | 7. A document that proves you have purchased something. |



4. Listen to the conversation between Rick and 3 medical professionals and answer the questions.

At the doctor

- a) What did Rick see the doctor about two years ago?
- b) What are Rick's flu symptoms?
- c) Why does the doctor recommend cough lozenges?
- d) What are the two tests that the doctor does on Rick?
- e) What does Rick think caused his sore back?
- f) What are the two official documents the doctor writes for Rick?
- g) How should Rick pay for the visit?

[At the pharmacy](#)

- a) Where are the cough lozenges, and where are the tissues?
- b) What medicine does Rick take twice a day and why?
- c) How often and when should Rick take Tamiflu?
- d) What does “drowsy” mean?
- e) Why shouldn’t Rick take ibuprofen?
- f) Why does Rick want a receipt?

[At the chiropractor](#)

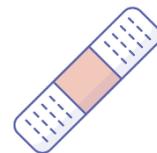
- a) What time of day is Rick’s chiropractor appointment?
- b) Where exactly is Rick’s back pain?
- c) What did Rick think would help his back, but actually hurt it even more?
- d) What 3 suggestions does the chiropractor make?
- e) Why is Rick frustrated at the end of the appointment?

 **5. Roleplay the following situations with a partner. Student A is the patient, student B is the doctor.**

Student A: patient	Student B: doctor
You have a bad cold. Think of 3 symptoms of a cold, and tell the doctor you have them. You are a little frustrated because you’ve had this cold for weeks. You also need a sick note for work.	Give the patient advice on what to do, suggest some over the counter medicine, but inform them they do not need any prescription medicine.
You get bad headaches very often. You take paracetamol, but it doesn’t work very well. You would like some stronger painkillers.	Ask your patient 3 questions about their lifestyle that may cause headaches (e.g. do you drink a lot of coffee?). Then decide if you want to prescribe strong painkillers.
You often get a sore back. You work from home sitting down, and you think that’s why. You would like your doctor to help you.	Ask a few questions, make a few basic suggestions for back health, and then give your patient a referral to a chiropractor.

 **6. Read the advice below about what to do when you are sick and discuss if you agree with it with a partner.**

Ronnie: "I always say "what doesn't kill you, makes you stronger!" That's why when I'm sick I just keep working. I once ran a marathon with the flu, I was sweating before the race even began! I don't like taking pills, I think they just reduce my body's natural defences. I don't even use band-aids!!"



Thorsten: "Honestly if I'm sick I just stay at home and do nothing. If I have a cold or the flu, I prefer home-made remedies like ginger tea and vegetable soup more than actual medicine. But, if I have a headache, I take some pain killers right away, usually ibuprofen, and the pain usually subsides within thirty minutes or so."



Molly: "I get very bad migraines sometimes, but I have to be careful with my migraine medicine, because it increases my blood pressure, and I already have high blood pressure. My doctor said it's safe for me to take them, but I'm still trying to cut down on how many I take."



Rafael: "My mother is a nurse, so I grew up in a house with lots of medicine, and even today I keep a huge amount of pills, ointments, and lozenges in my apartment. Over time my collection of medicines has expanded, and to be honest I'm not even sure what half of them do! If I feel even a little bit sick I don't go to the doctor, I just take a handful of different pills and hope one of them works!"



Kayla: "I'm a bit of a germaphobe, so I rarely get sick. I use disinfectant on everything, and I think this raises my chances of staying healthy. I also eat a lot of fruit and vegetables because I'm vegan, and that boosts my immune system."

Chrystal: "I have hay fever and asthma, so I have to keep an inhaler and hay fever medication with me at all times in the spring. Luckily in the past few years my hay fever symptoms have decreased. I still get a blocked nose and watery eyes anytime I go near flowers though. I haven't used my asthma inhaler in 2 years, but I think it's better safe than sorry. I'm also a total hypochondriac, so whenever I feel a tiny bit under the weather, I go to the doctor right away!"



 **7. Read back through the statements and place the underlined words in the correct category below.**

Go up	Go down



8. Read through the descriptions of common medicines and their side effects. Choose the correct synonym for “go up” or “go down.”

Ibuprofen: A common, over the counter painkiller which can increase / decrease pain and swelling. It can also be used to boost / reduce the symptoms of fevers or colds. Side effects: Ibuprofen can cause dizziness, nausea, and indigestion.

Loratadine: This is a medication used to decrease / raise the symptoms of hay fever such as sneezing, runny nose, itching, and watery eyes. The effects of loratadine will subside / increase after about 24 hours.

Varenicline: This is a prescription treatment to help people cut down on / expand or completely quit cigarettes. Doctors recommend starting with a small dose, and slowly dropping / increasing the dose.



9. Optional task/homework. Choose one of the common medicines below (or any other medicine you know), research it, and make a small presentation about it to your class.

- Atorvastatin (for cholesterol)
- Gabapentin (for epilepsy, menopause, anxiety disorders, migraines and insomnia)
- Nizatidine (for indigestion and stomach ulcers)
- Dextromethorphan (for coughs)
- Doxepin (for insomnia)
- Sumatriptan (for migraines)

Your presentation should include what it is used to treat, how it works, what the side effects are, and if the medication is prescription or over the counter.