

23 Feeling ill

1 Basic vocabulary

Translate the words in colour into your language:

1. I've got a cold.
2. My neck aches.
3. I think I've got flu.
4. I've got a pain in my knee.
5. I've got a sore back.
6. My arm hurts.
7. Have you got a temperature?
8. What are the symptoms?

2 Saying you don't feel very well

Match the beginnings of each sentence on the left with the pairs of endings on the right:

- | | |
|-----------------|---|
| 1. I'm | a. terrible / awful / dreadful.
a bit under the weather. |
| 2. I've got | b. ill.
not very well. |
| 3. I don't feel | c. a cold.
the flu. |
| 4. I feel | d. very well.
too good. |

4 Causes and symptoms

Match the symptom on the left with the cause on the right:

- | | |
|------------------------------------|--|
| 1. I've got a blister. | a. I think I've been working too much. |
| 2. I've got a headache. | b. Our bed is too soft. We need to get a firmer one. |
| 3. I've got jetlag. | c. I had too much to drink at dinner last night. |
| 4. I've got a bad back. | d. I've just been chopping some wood. |
| 5. I'm feeling really run down. | e. It must have been that take-away last night. |
| 6. I've got a splinter in my hand. | f. I wore the wrong shoes to go hill-walking! |
| 7. My nose is blocked up. | g. I always get hay fever at this time of year. |
| 8. I've got diarrhoea. | h. It was an 18-hour flight and a 10-hour time difference. |

Now match the following pieces of advice to the situations above:

9. Make sure you drink plenty of water. Otherwise, you'll get dehydrated.
10. Go straight to bed for a couple of hours, then get back to your normal sleeping pattern tonight.
11. Why not take some time off and go somewhere warm? That's what you need!
12. There's a special kind of plaster you can use on blisters. I had one and it helped a lot.
13. Get one of those nasal sprays from the chemist. They always work for me.
14. Have you tried an osteopath or a chiropractor?
15. Let me see. Have you got a pair of tweezers?
16. Stick to orange juice in future!

3 Serious conditions

Match the condition on the left with the part of the body that it particularly affects on the right:

- | | |
|-----------------|--------------------------|
| 1. appendicitis | a. your stomach |
| 2. tonsillitis | b. your lungs |
| 3. hepatitis | c. your head |
| 4. asthma | d. your appendix |
| 5. an ulcer | e. your joints and bones |
| 6. arthritis | f. your blood |
| 7. migraine | g. your tonsils |

Match the diseases with their possible causes:

- | | |
|-------------------|--------------------|
| 8. AIDS | h. stress |
| 9. typhoid | i. the sun |
| 10. heart disease | j. smoking |
| 11. skin cancer | k. a mosquito bite |
| 12. malaria | l. dirty water |
| 13. lung cancer | m. unprotected sex |

5 Health problems

Complete the following dialogues with the sentences below:

- a. I've got a bit of a hangover.
- b. I feel dizzy.
- c. I've caught a cold.
- d. You'll make yourself ill.
- e. I always get seasick.
- f. I've got indigestion.

1. What's the matter?
> I think I ate my dinner too quickly.
.....
2. Maybe we should take the boat. It's much cheaper than flying.
> Oh no, I'd rather not.
.....
3. I think
> Well, why don't you have a glass of hot lemon and honey and get an early night?
4.
> Well, it's your own fault. You shouldn't have opened that second bottle of wine!
5. You look exhausted. You've been working too hard recently. If you don't slow down a bit,
6. Are you all right? You've gone as white as a sheet!
> No, I need to sit down. I

6 Illnesses and symptoms

Match these illnesses with the symptoms below:

- | | | |
|------------|----------------|---------|
| hay fever | food poisoning | flu |
| an allergy | bronchitis | measles |

1. I've got a terrible cough and pains in my chest, and I seem to be constantly short of breath.
2. I feel absolutely awful. My temperature is 41°, and I've got a headache and a runny nose. I've got a sore throat – it's agony every time I swallow.

3. I can't go near cats. I come out in a horrible red rash.
4. She's been off school for two weeks now. She's got a temperature and she's covered in little red spots. She's completely lost her appetite – she hasn't eaten a thing for the last three days.
5. I think it must be something I ate. I was sick all night. I still feel sick now and I've got a terrible stomach-ache.
6. It's the same every summer. My eyes get really itchy and I can't stop sneezing.

In British English be sick means vomit (bring food back up from the stomach).

If you have an allergy, you are allergic to something. Are you allergic to anything?

7 She's feeling a bit better

Complete the following dialogue with the correct form of the verbs below:

- recover feel get make

- A: The office is empty. Where is everybody this morning?
B: Well, Jane phoned to say she's got an upset tummy, but she said she'll come in as soon as she's a bit better – probably this afternoon. Dave's got the flu and he says it'll take him a few days to over it – and Sarah's plane was delayed at the airport for seven hours and she wants an extra day to from the journey. At least Mark's here – he'd been in bed with tonsillitis all weekend, but he's a speedy recovery and he's upstairs working at his computer at this very moment.
A: I'm glad somebody's here!

There are several different ways of talking about stomach problems. An upset stomach, an upset tummy or indigestion are not very serious. If it is serious, you might talk about stomach trouble.

Add your own words and expressions