

Upper-Intermediate or Advanced/ lesson 2
Medical vocabulary
Symptoms of a cold, the flu and allergies



Exercise 1: **Rephrase the words in bold.**

hit severity fever slighter distinguish

At first it can be very hard to **determine** if you have a cold, the flu or allergies. The difference between a cold, the flu and allergies is often best distinguished by the time it takes to start feeling sick, the **heaviness** of your fever and other symptoms involved. The first indicator that you have the flu is a high temperature. It can **reach** at least 101 degrees Fahrenheit, or may even spike to 104 degrees Fahrenheit.

If you have a cold, your **temperature** usually will not top more than 100 degrees Fahrenheit. The symptoms of a cold are much **less serious** in comparison with the flu.

Exercise 2: **Put symptoms into the correct column.**

Some symptoms can be put more than in one column.

sensitivity to light, congestion, chills, slight muscle aches, slight fatigue, watery eyes, sore throat, extreme fatigue, running nose, itching in the nose and eyes, sweating, headache, dry cough, extreme muscle aches

a cold	the flu	allergies

Check yourself:

Exercise 1: **Rephrase the words in bold.** 1 determine/distinguish 2 heaviness/severity 3 reach/hit
4 temperature/fever 5 less serious/slighter

Exercise 2: **Fill in the gaps with suitable words.**

1 a cold: congestion, slight muscle aches, slight fatigue, sore throat, running nose;

2 the flu: sensitivity to light, chills, watery eyes, sore throat, extreme fatigue, running nose, sweating, headache, dry cough, extreme muscle aches;

3 allergies: congestion, watery eyes, running nose, itching in the nose and eyes.