

18 KEEPING YOURSELF AWAY FROM COLD AND FLU



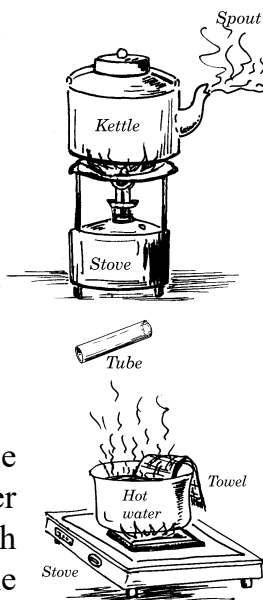
School going children must take care that they do not suffer from cold and flu. If they do so they cannot go to school. They miss classes and lessons. They also miss the company of their friends, and thereby miss laughter and games. Cold and flu are the most common of illnesses. Flu is the short form of influenza. There is no cure for them though doctors give names of medicines for curing them. Common cold usually starts with a sore throat, sneezing and runny nose. The sick person feels tired, his body aches, and sometimes there is a slight fever. Flu is more serious than common cold. It lasts longer. It makes the sick feel more tired and have more fever. The sick person may have stomach and breathing problems.

There are some help for those who are suffering from cold and flu. They must be told to stay indoor until they get well. An ice bag or cold cloth on the forehead can give some relieve to their headache. Breathing in medicated steam will help much.

Here is the process for medicated steam:

Take a kettle with a spout. Fill half of it with water. Add a little oil of eucalyptus or similar medicine. Heat it over a stove. Make a tube of paper or cardboard. The steam coming out of the spout should be let to pass through the tube to the patient. He can breathe it in for about 10-20 minutes from a safe distance.

Heating fomentation can also help. Here is the process. Dip a towel in hot water. Wring out the hot water as dry as possible from the towel. Wrap it in another cloth thick enough to protect the skin. Then apply the pack on the throat, on the chest or on the back until it gets cold. The pack can be changed several times.



Fluid is highly needed for the sick person who has a high fever. Lemon juice is a kind of fluid. During fever, the body loses fluid trying to cool itself. Then the person gets dizzy and has a tired feeling. Fluids make the nose and lungs free from mucus. Fluids make the mucus liquid . It is forced out while coughing.

EXERCISES

I. (a) Answer the following question:

- (i) What is cold?
 - (ii) What is flu?
 - (iii) What are the symptoms of cold?
 - (iv) What are the symptoms of flu?
 - (v) What is the complete form for flu?
 - (vi) Are cold and flu easily curable?
 - (vii) Describe the process of preparing a medicated steam.
 - (viii) Describe the process of heating fomentation.
 - (ix) How and why is fluid important for a person suffering from cold?
- (b) In the discussion on cold the group of words 'a person suffering from cold or flu' may be replaced by a word.***

(1) What is that word?

(c) There are two uses of the word 'cold'.

(1) It is a cold weather.

(2) He is suffering from cold.

Can you tell the difference between the two uses?

(d) Look at the sentence:

'He must be told to stay in bed.'

This can also be written in another way:

We (or you) must tell him to stay in bed.

Now, change the following sentences in the manner given above.

- (1) He must be given medicine.
- (2) He must be treated for the illness.
- (3) He must be given food when hungry.
- (4) He must be made to study.
- (5) He must be stopped from going in the rain.

(e). ***Look at the sentence :***

Flu is more serious than common cold.

It can be written as :

Common cold is not as serious as flu.

Now rewrite the sentences as done above:

- (1) Lila is more beautiful than Nita.
- (2) The dog is more terrible than the cat.
- (3) This work is more difficult than catching lions.
- (4) He talks much more than his sister.
- (5) Puni sees more things than Easter.

(g) ***Look at the words ‘runny nose’.***

‘runny’ does not have the same meaning as ‘run’. It means that there is a lot of liquid in the nose when one suffers from cold.

Now, check up in the dictionary for the meanings of the underlined words:

hardy boys

willowy woman

spotty face

hoary story

(h) *Write the names of ten diseases*

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2. *Let us learn the following:*

Uncontracted Negative

cannot

could not

may not

might no

shall not

will not

has not

does not

do not

did not

is not

was not

are not

were not

Contracted Negative

can't

couldn't

mayn't

mightn't

shan't

won't

hasn't

doesn't

don't

didn't

isn't

wasn't

aren't

weren't

3. *Now, complete the following sentences with the correct tag questions :*

- (i) It is raining ?
- (ii) That isn't your car, ?
- (iii) The girls are nice, ?
- (iv) You are funny, ?
- (v) He doesn't play ball, ?
- (vi) They are not dutiful, ?
- (vii) They are there, ?
- (viii) You are not wrong, ?