

Class: IX-X

Common Diseases

Materials Designed by BRAC University Centre for Languages (BU-CfL)

Friends, how are you? We know most of us suffer from some common diseases during winter. Today's issue is on common diseases.



A.
Faisal, a student of class IX got sick after coming to the school. His friends were at a loss to see his critical condition. They instantly took him to the nearby medical centre. Let us follow their conversation:

Faisal's friend: Good morning, doctor!
 Doctor : Come in and sit down. How can I help you?
 Faisal's friend: One of my friends became sick in the school.
 Doctor : What happened to him?
 Faisal's friend: He is facing difficulties in breathing.
 Doctor : Quick!! Bring him into the room.
 (Faisal's friends bring him into the doctor's room)
 Doctor : Take a long and deep breath.
 (Faisal faces problem in taking breath)
 Doctor : Have you faced this problem earlier?
 Faisal : No. Earlier I felt this problem but not like today.
 Doctor : Have you come close to dust, fume or smoke today?
 Faisal : Yes! Today when I was coming to school a vehicle passed beside me emitting excess level of smoke. Then I started feeling bad.
 Doctor : Follow my advice; everything will be alright.
 (The doctor gives him an inhaler)
 Doctor : He is suffering from asthma, the most common disease which can be a big problem during winter. We all should become aware about this disease as only awareness can help us. The triggering factors of asthma are dusts, fumes, perfumes, sprays etc. Therefore, always try to keep away from these and use mask.
 Faisal's friends: Thank you doctor. We'll try to raise awareness among our friends.

B. Find out which of the following words are symptoms of asthma and which of them are precautions against asthma. Then categorize them accordingly in the given table. One has been done for you.

Wheezing	Following a daily routine	Chest pain	Coughing
Morning exercise	Breathing problem	Avoiding dust and smoke	Carrying an inhaler
Symptoms	Precautions		
Wheezing	Avoiding dust and smoke		

C. Complete the following sentences with your ideas:

- Bathing regularly is a very good practice because _____.
- We should make the habit of using mask whenever _____.
- _____ if we take food without washing hands.
- Eating fruit which have Vitamin C ensures _____.
- Drinking enough water helps us _____.
- Taking medicine without doctor's consultation is not good for health because _____.

D. Today we are going to read an article from newspaper on common cold.



Common Cold
 Common cold is one of the common diseases of winter. People get common cold when they come in contact with another person who has cold. Usually if a sick person sneezes, coughs or blows their nose near you, you can catch the cold. You can also be sick if you use towel, toy or other things used by an infected person. The signs of common cold are blocked nose, scratchy throat, and sneezing.

To prevent common cold you should wash your hands after wiping your nose. You also need to disinfect the commonly touched surface like water tap, and door knob. Most importantly, do not share a common towel rather use paper tissue. Usually common cold goes away after 7-10 days without any medicine. In this time it is recommended that you take rest and drink a lot of fluid. Finally, if you do not get well after 10-14 days, you should consult a doctor.

Write answer to the following questions.

- What are the ways in which we can prevent catching common cold?
- What would you do if someone from your family catches common cold?

E. Match the words in the box with the pictures.

- headache
- cracked feet
- stomach ache
- coughing
- itching
- sneezing



Learning Objectives: Critical Thinking, Comprehension, Complex sentence, Vocabulary

Avoid interaction with strangers

We may meet many unknown people. Some strangers can harm us. It is not possible to understand everyone's intention. To be safe, we should never take food or candies from strangers.
Do not take food from strangers.