

Prevent the Spread of Disease:



facemask

Use Proper Hygiene!

It's easy to **transmit** diseases and **infections** when you don't use proper hygiene. Fortunately, using proper hygiene is easy. Just follow these simple rules:

- ☞ Wash your hands. Live **viruses** are often present on an object that a sick person has touched. Washing your hands removes the viruses you pick up in this way. Using **antimicrobial** soap makes hand washing even more effective.
- ☞ Use **disinfectant** in your home. Using a disinfectant to clean your kitchen and bathroom prevents the buildup of harmful **bacteria**.
- ☞ Apply **antibiotic** ointments as needed. When someone in your family gets a cut or scrape, use antibiotic ointment to clean the wound.
- ☞ Wear a **facemask** when working around sick people. Many diseases are transmitted through the air we breathe.
- ☞ Sometimes, very sick patients need to be **isolated**. This usually only happens when the disease they have is easy to transmit and spreads rapidly.



antimicrobial



bacteria



virus

Get ready!

- 1 Antes de leer el texto, reflexiona acerca de las siguientes preguntas

- 1 Why is proper hygiene important?
- 2 How do nurses help patients use proper hygiene?

Reading

- 2 Lee el texto. Luego decide si las oraciones son verdaderas (T) o falsas (F).

- 1 Viruses cannot survive on inanimate objects.
- 2 Antimicrobial soap should be used to disinfect bathrooms.
- 3 People with diseases that pass quickly from one person to another sometimes require quarantine.

Vocabulary

- 3 Une las palabras (1-7) con las definiciones (A-G)

- | | | |
|---|--------------------------------------|------------------------------------|
| 1 <input type="checkbox"/> antibiotic | 4 <input type="checkbox"/> isolate | 7 <input type="checkbox"/> hygiene |
| 2 <input type="checkbox"/> bacteria | 5 <input type="checkbox"/> transmit | |
| 3 <input type="checkbox"/> disinfectant | 6 <input type="checkbox"/> infection | |

- A a substance used to clean an object and kill any microorganisms on it
 B used to kill or prevent the growth of unicellular microorganisms
 C to pass something from one place to another
 D unicellular microorganisms that are capable of infecting a host organism
 E a colonization of a host organism by a microorganism
 F to put a person or animal in isolation to prevent the spread of a disease
 G the practice of keeping oneself clean

- 4 Pon un tick (✓) en las oraciones que usan apropiadamente la parte subrayada.

- 1 A It's important to use a good infection when you're cleaning your kitchen.
 B The man contracted a virus and was so ill that he could not go to work.
- 2 A Mr. Kim was transmitted to avoid making the other patients sick.
 B Jerry uses antimicrobial soap because it kills more viruses than regular soap.
- 3 A Wear a facemask when with sick people.
 B To prevent infection, the nurse applied bacteria to the patient's injuries.

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Lee y escucha el texto nuevamente y responde.

What makes washing more effective?

Listening

6

Escucha la conversación entre una enfermera un paciente. Escoge la alternativa correcta.

- What is the main idea of the conversation?
 - A treating a patient with a virus
 - B preventing the spread of a virus
 - C describing the symptoms of a virus
 - D investigating how a patient caught a virus
- What can be inferred about the woman?
 - A She was infected at her job.
 - B She will not cook for her family.
 - C She passed the virus to her children.
 - D She is not going to work the next day.

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Escucha una vez más y completa la conversación.

Nurse: How's it going today, Samantha?

Patient: Actually, I think I'm sick. Something's been 1 _____.

Nurse: I see. How are you feeling?

Patient: I have a 2 _____ and a fever, and my stomach has been cramping.

Nurse: It sounds like you have a 3 _____. Is anyone else in your family sick?

Patient: No, not yet. And I don't want them to get sick, either.

Nurse: Of course not. Make sure that you 4 _____ often.

Patient: Oh, of course.

Nurse: And if you're not using 5 _____ soap, it'd be worth switching.

Patient: I'll pick some up on the way home. It's still okay for me to cook for my family, right?

Nurse: Well, be careful. Definitely use a good 6 _____ before and after you're in the kitchen.

Patient: I don't have any of that. I guess I need to pick some of that up, too!

Speaking

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Crea un diálogo con los roles presentados, basándote en el ejercicio 7.

USE LANGUAGE SUCH AS:

Actually, I think I'm sick.
Make sure that you ... often.
If you're not using ... soap, it'd be ...

Student A: You are a nurse talking to a patient. Talk to Student B about:

- how the patient feels
- keeping family healthy
- what the patient needs to buy

Student B: You are a patient who does not feel well. Answer Student A's questions.

Writing

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Usa la conversación del ejercicio 8 para completar el reporte acerca del paciente visto y tus recomendaciones.

Patient Interaction Report

Patient: _____

Nurse: _____

Patient Complaint: _____

Condition/Diagnosis _____

Recommendations: _____
