

## 2 Hygiene

# 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 Before you read the passage, talk about these questions.

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

## Reading

② Read the poster. Then, mark the following statements as true (T) or false (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 Match the words (1-7) with the definitions (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 Check (✓) the sentence that uses the underlined part correctly.

- 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.



- 5 Listen and read the poster again.  
What makes washing more effective?

## Listening

- 6 Listen to a conversation between a nurse and a patient. Choose the correct answers.

- 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.

- 7 Listen again and complete the conversation.

**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

- 8 With a partner, act out the roles below based on Task 7. Then, switch roles.

### 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

- 9 Use the conversation from Task 8 to fill out the report about the patient you saw and your recommendations.

### Patient Interaction Report

Patient: \_\_\_\_\_

Nurse: \_\_\_\_\_

Patient Complaint: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Condition/Diagnosis \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Recommendations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_