# **Prevent**

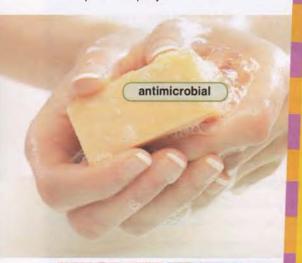


## the Spread of Disease:

### 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.







### Get ready!

- 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

- 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

- 8 Match the words (1-7) with the definitions (A-G).
  - 1 \_\_ antibiotic 4 \_\_ isolate 7 \_\_ hygiene 2 \_\_ bacteria 5 \_\_ transmit
  - 3 \_\_disinfectant 6 \_\_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 microorganismsC 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
- Oheck (/) 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 <u>virus</u> and was so ill that he could not go to work.
  - 2 A Mr. Kim was <u>transmitted</u> 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 <u>bacteria</u> to the patient's injuries.

6 Solution Listen and read the poster again. What makes washing more effective?

#### Listening

- 6 Solution Listen to a conversation between a nurse and a patient. Choose the correct answers.
  - 1 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
  - 2 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.
- Solution is better 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   |

#### Speaking

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

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:    |  |
|                     |  |