Illness: feeling under the weather

VOCABULARY PRACTICE
INTERMEDIATE | B1-B2

Name: _____ Date: _____

1 Tick the correct category for each illness word.

Word | Symptom | Illness | Action | Feeling

1 nausea [ ] [ ] [ ] [ ]
2 infection [ ] [ ] [ ] [ ]
3 seek medical advice [ ] [ ] [ ] [ ]
4 exhausted [ ] [ ] [ ] [ ]
5 chronic fatigue [ ] [ ] [ ] [ ]
6 self-isolate [ ] [ ] [ ] [ ]
7 dizziness [ ] [ ] [ ] [ ]
8 contagious [ ] [ ] [ ] [ ]

2 Correct the mistake in each sentence.

1 She felt nausea of all morning. _____
2 He developed infection in the wound. _____
3 She decided seek medical advice. _____
4 He felt completely exhausted of. _____
5 She suffers from chronic of fatigue. _____
6 He had self-isolate for a week. _____
7 She experienced sudden dizziness of. _____
8 The illness is highly contagious of. _____

3 Choose the more suitable description.

1 For a feeling of sickness in the stomach: nausea / hunger.
2 For a harmful growth of bacteria or viruses in the body: infection / injury.
3 For a phrase meaning to consult a doctor: seek medical advice / ignore symptoms.
4 For extremely tired: exhausted / refreshed.
5 For persistent, long-term tiredness: chronic fatigue / a brief nap.
6 For staying away from others to avoid spreading illness: self-isolate / socialise freely.

Illness: feeling under the weather

VOCABULARY PRACTICE
INTERMEDIATE | B1-B2

4 Complete the reports with words from the box.

chronic fatigue | contagious | dizziness | exhausted | infection | nausea | seek medical advice | self-isolate

Report A: She woke up feeling 1 _____ and experienced sudden 2 _____ when standing up.
Report B: He developed an 3 _____ that spread quickly, and the doctor said it was highly 4 _____.
Report C: After weeks of 5 _____, she finally decided to 6 _____.
Report D: He felt severe 7 _____ and had to 8 _____ for several days.

5 Read the text and answer the questions briefly.

When to see a doctor

Medical guidance generally advises that mild, common symptoms such as a slight cough or occasional nausea usually resolve without professional intervention, whereas symptoms that persist, worsen or appear alongside other warning signs, such as severe dizziness or chronic fatigue lasting several weeks, warrant seeking medical advice promptly. This distinction matters because unnecessary visits can strain healthcare resources, while delayed care for genuinely serious symptoms can allow a treatable condition to worsen considerably. Public health campaigns increasingly focus on helping people recognise which symptoms require urgent attention and which typically resolve with simple rest, aiming to reduce both unnecessary strain and dangerous delay.

1 What does medical guidance say about mild, common symptoms? _____

2 What kind of symptoms warrant seeking medical advice promptly? _____

3 Why does this distinction matter? _____

4 What can unnecessary visits strain? _____

5 What can delayed care for serious symptoms allow to happen? _____

6 What do public health campaigns increasingly focus on? _____

6 Rewrite each phrase using the word in capitals.

1 She felt sick in the stomach. NAUSEA _____

2 He developed a harmful growth of bacteria. INFECTION _____

Illness: feeling under the weather

3 She decided to consult a doctor. SEEK MEDICAL ADVICE _____

4 He stayed away from others to avoid spreading illness. SELF-ISOLATE _____

OVER TO YOU

Write a 100-120 word account of how someone can decide when a symptom needs a doctor's attention and when rest is enough. Include specific examples.

[ ] Use at least ten target expressions. [ ] Include polite, precise wording. [ ] Organise the account clearly.

Illness: feeling under the weather

VOCABULARY PRACTICE
INTERMEDIATE | B1-B2

ANSWER KEY

1 Categories

1 Symptom 2 Illness 3 Action 4 Feeling 5 Illness 6 Action 7 Symptom 8 Illness

2 Corrections

1 felt nauseous all morning 2 developed an infection 3 decided to seek medical advice
4 felt completely exhausted 5 chronic fatigue 6 had to self-isolate
7 sudden dizziness 8 highly contagious

3 Suitable descriptions

1 nausea 2 infection 3 seek medical advice 4 exhausted 5 chronic fatigue 6 self-isolate

4 Reports

1 exhausted 2 dizziness 3 infection 4 contagious 5 chronic fatigue 6 seek medical advice 7 nausea 8 self-isolate

5 Reading - suggested answers

1 That they usually resolve without professional intervention.
2 Symptoms that persist, worsen or appear alongside other warning signs, such as severe dizziness or chronic fatigue lasting several weeks.
3 Because unnecessary visits can strain healthcare resources, while delayed care can allow a treatable condition to worsen.
4 Healthcare resources.
5 A treatable condition can worsen considerably.
6 Helping people recognise which symptoms require urgent attention and which typically resolve with simple rest.

6 Rewriting - possible answers

1 She felt nausea. 2 He developed an infection.
3 She decided to seek medical advice. 4 He decided to self-isolate.

Over to you

Answers will vary. Check range, respectful register and clear organisation.