

New Vocabulary

Sick / Ill – doente

Pain – dor

Disease – doença

Infection – infecção

Headache – dor de cabeça

Backache – dor nas costas

Stomachache – dor de estômago

Fever – febre

Cold / Flu – resfriado / gripe

Sore throat – dor de garganta

Stuffy nose – nariz entupido

Runny nose – nariz escorrendo

Allergies – alergia

Asthma – Asma

UTI (*urinary tract infection*) – infecção urinária

Sunburn – queimadura de sol

Treatment – tratamento

Shot – vacina / injeção

Injection – injeção

Vaccine – vacina

Pill – comprimido

Medicine – medicamento

Ointment – pomada

Painkiller – analgésico

Lozenges – pastilhas

Procedure – procedimento

Antibiotics – antibiótico

Vitamins – vitaminas

Inhaler – bombinha / inalador

Symptoms – sintomas

Over the counter medications – remédio que não precisa de prescrição

Verbs and Others

To cough (*regular verb*) – tossir

To sneeze (*regular verb*) – espirrar

To avoid (*regular verb*) – evitar

To shiver (*regular verb*) – tremer

To throw (*threw*) **up** – vomitar

To treat (*regular verb*) – tratar

To be discharged (*regular verb*) – receber alta

To prescribe (*regular verb*) – prescrever

To be hospitalized – ser hospitalizado

To survive (*regular verb*) – sobreviver

Should

We use **should** to **give advices** and to **express opinions** regarding someone's (or our own's) actions. Since it's a **modal verb**, we use it before a verb on its base form.

I **should** always **carry** an inhaler because of my asthma.

(Eu deveria carregar sempre uma bombinha por causa da minha asma.)

Bruce has a sore throat, he **should buy** some lozenges.

(O Bruce está com a garganta inflamada, ele deveria comprar umas pastilhas.)

Tina **should see** a doctor to treat her allergies.

(A Tina deveria ver um médico para tratar suas alergias.)

You **should eat** better so you don't need to take all those vitamins.

(Você deveria comer melhor para não precisar tomar todas aquelas vitaminas.)

In order to make **negative sentences**, we use the contraction **shouldn't** (should not). Keep in mind **contractions** are meant to be used in **informal situations**.

You **shouldn't take** a hot bath when you have a fever.

(Você não deveria tomar um banho quente quando está com febre.)

You **shouldn't go** to work with a flu.

(Você não deveria ir trabalhar gripado.)

I think Daniel **shouldn't talk** like that to his mom.

(Eu acho que o Daniel não deveria falar assim com a mãe.)

She **shouldn't take her** baby to the hospital because he doesn't have any symptoms.

(Ela não deveria levar a bebê no hospital porque ela não está com nenhum sintoma.)

In order to make **questions**, we use **should before the subject**.

Should I buy over the counter medicine to treat my cold?

(Eu deveria comprar remédios que não precisam de prescrição para tratar meu resfriado?)

Shouldn't grandma be in bed?

(A vovó não deveria estar de cama?)

Where **should people go** when they are sick?

(Onde as pessoas devem ir quando estão doentes?)

What **shouldn't you eat** when you have a stomachache?

(O que você não deve comer quando está com dor de estômago?)

To avoid

The verb **to avoid** is always **followed by gerund**, when followed by another verb. When we want to say how we are going to avoid something, we **use the preposition by**.

She will **avoid** being fired **by** doing her best at work.

(Ela vai evitar ser demitida fazendo o seu melhor no trabalho.)

We will **avoid** getting a flu **by** taking vitamin C.

(Nós vamos evitar pegar uma gripe tomando vitamina C.)

He **avoided** going to jail **by** hiring a great criminal lawyer.

(Ele evitou ir para a cadeia contratando um ótimo advogado criminal.)

Bia **avoids** traffic **by** leaving home early.

(A Bia evita tráfego saindo de casa cedo.)

Exercises *(Responda as perguntas e mande para um teacher pelo chat)*

1. What should people do when they are sick?
2. Who should you do to avoid a sunburn?
3. What medicine should everybody always have at home?
4. Should people take medicine every time they get sick?
5. Are you afraid of injections?
6. How often do you have colds?
7. Which is worse: a runny nose or a stuffy nose?
8. When was the last time you felt under the weather?
9. What are you sick and tired of?
10. What should you avoid eating when you have a stomachache?