



## Adenovirus grips the city

### Description

KARACHI:

Karachi is struggling with an outbreak of Adenovirus (ADV), a disease worsened by climate change and pollution. Patients are flooding the hospitals with signs of headache, chills, cough, cold, and fever. Cases of diarrhoea are also on the rise.

Healthcare officials revealed that over a thousand people with these symptoms are visiting governmental hospitals each day. On one Saturday, Dr. Ruth KM Pfau Civil Hospital saw 782 cases of ADV and severe respiratory infection; on the following Monday, the cases hit 1,275.

Dr. Harish Kumar, Assistant Medical Superintendent at Civil Hospital, notes that instances of cold, cough, and fever have spiked in the last 15 to 20 days. These patients are given fever reducers, antibiotics, and cough medicines. He pointed out the fluctuating weather - cold at night and evening but hot in the afternoon - along with climate change and pollution as key contributors to this problem.

Despite complaints of headaches, fever, and runny noses, patients' blood pressure remains normal. This fever persists for around a week. Dr. Kumar urges special attention for children and the elderly. Citizens are advised to drink boiled water, wear masks, and eat healthy food.

Dr. Abdul Latif Shaikh, Chief Medical Officer at Civil Hospital, mentioned that a majority of reported cases are viral, but some are bacterial infections. The number of diarrhoea cases has noticeably increased, too, affecting patients' kidneys due to possibly contaminated water.

Dr. Faisal Javed, a General Physician at Jinah Hospital in Karachi, reassures citizens that the disease is not a new viral strain. A vaccine exists, and the flu and corona vaccines offer precautionary measure. Individuals with diabetes and asthma should be particularly cautious, as ADV is contagious. However, there's no need for panic. Maintaining social distance and wearing masks can suffice as preventive measures.

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## Vocabulary List:

1. **Adenovirus** // (noun): A group of viruses that cause various illnesses such as respiratory infections and conjunctivitis.
2. **Climate change** // (noun): Long-term alteration in the average weather patterns within a region.
3. **Pollution** // (noun): Contamination of the environment with harmful substances.
4. **Diarrhoea** // (noun): Frequent passing of loose or watery stools.
5. **Antibiotics** // (noun): Medications used to treat bacterial infections.
6. **Elderly** // (adjective): Older in age; senior.

## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which virus can cause respiratory infections such as the common cold?

Option: Adenovirus

Option: Climate change

Option: Pollution

Option: Diarrhoea

2. Which condition is characterized by feelings of worry nervousness or unease?

Option: Anxiety

Option: Cognitive Behavioral Therapy (CBT)

Option: Hormone Replacement Therapy (HRT)

Option: Psychosocial



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3. Which demographic group is often defined as individuals aged 65 and older?
- Option: Elderly
  - Option: Menopause
  - Option: Mindfulness
  - Option: Antibiotics
4. Which term means taking action in advance to deal with an expected difficulty?
- Option: Proactively
  - Option: Immunity
  - Option: Fade
  - Option: Combat
5. Which word means to settle or find a solution to a problem or dispute?
- Option: Resolve
  - Option: Admitted
  - Option: Influence
  - Option: Malnutrition
6. Which word means to gradually disappear or lose brightness?
- Option: Fade
  - Option: Combat
  - Option: Epidemiologist
  - Option: Sluggishness
7. What treatment involves supplementing the body with hormones that are no longer produced in sufficient amounts?
- Option: Hormone Replacement Therapy (HRT)
  - Option: Psychosocial
  - Option: Recommend
  - Option: Booster
8. Who conducts systematic investigation and analysis to establish facts or reach new conclusions?
- Option: Researchers
  - Option: Psychosocial
  - Option: Alarming
  - Option: Anticipated
9. Which term refers to the presence of harmful substances in the environment?
- Option: Pollution
  - Option: Transitioned
  - Option: Underweight
  - Option: Remedies



10. What are medications used to treat bacterial infections by inhibiting the growth of bacteria?

- Option: Antibiotics
- Option: Diarrhoea
- Option: Anxiety
- Option: Cognitive Behavioral Therapy (CBT)

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. Vaccination helps boost \_\_\_\_\_ against certain diseases.
12. After some questioning the suspect \_\_\_\_\_ to committing the crime.
13. To \_\_\_\_\_ the spread of misinformation educational campaigns are essential.
14. Parents can have a significant \_\_\_\_\_ on their children's behavior.
15. The increase in deforestation rates is quite \_\_\_\_\_.
16. There are various natural \_\_\_\_\_ for common cold symptoms.
17. During \_\_\_\_\_ a woman experiences a decline in estrogen levels.
18. Individuals with a Body Mass Index (BMI) below 18.5 are considered \_\_\_\_\_.
19. The new product launch is highly \_\_\_\_\_ by industry experts.
20. After retirement he \_\_\_\_\_ into a consultant role for the company.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Support groups provide both psychological and social assistance to individuals in need.
22. Dehydration is a common complication of this gastrointestinal condition characterized by frequent watery stools.
23. Based on your symptoms I would that you see a specialist for further evaluation.
24. A dose of the vaccine may be necessary to enhance immunity against the virus.
25. Efforts to actively fight against a particular disease or health issue are crucial to public health.



26. Taking steps ahead of time to address potential problems is a wise way to avoid complications.

27. The media has a powerful on shaping public opinion and beliefs.

28. Over time memories may and become less vivid.

29. The negotiation aimed to the longstanding dispute between the two parties.

30. These individuals conduct in-depth studies and experiments to discover new findings in their respective fields.

## Answer

**Multiple Choice:** 1. Adenovirus 2. Anxiety 3. Elderly 4. Proactively 5. Resolve 6. Fade 7. Hormone Replacement Therapy (HRT) 8. Researchers 9. Pollution 10. Antibiotics

**Gap-Fill:** 11. Immunity 12. Admitted 13. Combat 14. Influence 15. Alarming 16. Remedies 17. Menopause 18. Underweight 19. Anticipated 20. Transitioned

**Matching sentence:** 1. Psychosocial 2. Diarrhoea 3. Recommend 4. Booster 5. Combat 6. Proactively 7. Influence 8. Fade 9. Resolve 10. Researchers

## CATEGORY

1. Health - LEVEL3

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