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## Best Time to Purchase and Pro Tips

### Description

The FDA approved new Covid vaccines from Pfizer and Moderna on Thursday. These vaccines have been updated to match new strains of the virus. They should be available soon. The CDC reported that more people are testing positive for Covid and going to the emergency room. Hospitalizations are also increasing.

The updated vaccines target new strains like KP.2. Experts believe the vaccines will protect against severe illness, even with new strains. It is recommended that all Americans ages 6 months and older get the new shots. People who recently had Covid can wait about three months before getting the vaccine.

The vaccines may cause side effects like pain at the injection site, tiredness, headache, and fever. Most side effects go away after a few days. The vaccines should be free for most people, but uninsured individuals can get the vaccine through certain programs. It is important to get vaccinated to protect against severe illness.

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### Vocabulary List:

1. **Approved** /ə'pru:vd/ (verb): Officially agreed to or accepted.
2. **Updated** /'ʌp.deɪ.tɪd/ (adjective): Made more current or applicable.
3. **Emergency** /ɪ'mɜ:rdʒənsi/ (noun): A serious unexpected and often dangerous situation requiring immediate action.
4. **Hospitalizations** /ha:.spɪ.təl.ɪ'zeɪ.ʃənz/ (noun): The act of admitting someone to a hospital for treatment.
5. **Side effects** /saɪd ɪ'fɛkts/ (noun): Secondary typically undesirable effects of a drug or treatment.
6. **Vaccinated** /'væk.sɪneɪtɪd/ (verb): Immunized against a disease by vaccination.

### Comprehension Questions

#### Multiple Choice

1. Which two companies had new Covid vaccines approved by the FDA on Thursday?

- Option: A. Pfizer and Johnson & Johnson
- Option: B. Moderna and AstraZeneca
- Option: C. Pfizer and Moderna
- Option: D. Johnson & Johnson and AstraZeneca



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2. The updated Covid vaccines target new strains like \_\_\_\_\_.

- Option: A. Delta
- Option: B. KP.2
- Option: C. Lambda
- Option: D. Mu

### Gap-Fill

2. The updated Covid vaccines target new strains like \_\_\_\_\_.

3. Who is recommended to get the new Covid shots according to the text?

- Option: A. Americans ages 18 and older
- Option: B. Americans ages 1 year and older
- Option: C. Americans ages 6 months and older
- Option: D. Americans ages 12 and older

4. What are some common side effects of the Covid vaccines mentioned in the text?

- Option: A. Nausea and cough
- Option: B. Dizziness and muscle aches
- Option: C. Pain at the injection site tiredness headache and fever
- Option: D. Rash and shortness of breath

5. Who can get the Covid vaccine through certain programs according to the text?

- Option: A. Only insured individuals
- Option: B. Only uninsured individuals
- Option: C. Most people
- Option: D. Only children

6. Why is it important to get vaccinated according to the text?

- Option: A. To experience side effects
- Option: B. To avoid going to the emergency room
- Option: C. To protect against severe illness
- Option: D. To increase hospitalizations

### Answer

**Multiple Choice:** 1. C. Pfizer and Moderna 2. B. KP.2 3. C. Americans ages 6 months and older 4. C. Pain at the injection site tiredness headache and fever 5. C. Most people 6. C. To protect against severe illness

**Gap-Fill:** 2. B. KP.2

## Vocabulary quizzes

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

1. Which type of virus causes the flu?

- Option: Bacteria
- Option: Poultry
- Option: Virus
- Option: Fungus

2. What process involves heating food to kill bacteria?

- Option: Fermentation
- Option: Pasteurized
- Option: Freezing
- Option: Dehydration

3. How can individuals protect themselves from certain diseases?

- Option: Eating raw meat
- Option: Vaccinated
- Option: Avoiding sleep
- Option: Drinking unpasteurized milk

4. What term describes having thoughts of ending one's own life?

- Option: Excited
- Option: Happy
- Option: Content
- Option: Suicidal

5. Which hormone is released in response to stress?

- Option: Cortisol
- Option: Insulin
- Option: Melatonin
- Option: Thyroxine

6. Which approach considers the whole person - body mind and spirit?

- Option: Holistic
- Option: Specific
- Option: Isolated
- Option: Partial

7. Which skin condition is characterized by pimples?

Option: Eczema  
Option: Wrinkles  
Option: Acne  
Option: Rosacea

8. What is the feeling of worry nervousness or unease?

Option: Calmness  
Option: Enthusiasm  
Option: Anxiety  
Option: Serenity

9. Who are individuals with specialized knowledge in a particular field?

Option: Beginners  
Option: Learners  
Option: Experts  
Option: Amateurs

10. What is the mental health disorder characterized by persistent sadness?

Option: Elation  
Option: Optimism  
Option: Depression  
Option: Joy

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

11. Individuals can get sick if they come into contact with \_\_\_\_\_ poultry.

12. In case of an \_\_\_\_\_ please dial 911 for immediate assistance.

13. Severe cases of the flu may require \_\_\_\_\_ for proper treatment.

14. Consult with \_\_\_\_\_ in the field to get accurate information.

15. Practicing \_\_\_\_\_ can reduce feelings of anger and resentment.

16. The study of the brain and nervous system is the focus of a \_\_\_\_\_.

17. Effective time management can enhance \_\_\_\_\_ in the workplace.

18. Chronic \_\_\_\_\_ in the body is linked to various health conditions.



19. Doctors prescribe \_\_\_\_\_ to help manage type 2 diabetes.

20. Wearing a mask can help prevent the spread of the \_\_\_\_\_.

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

21. Taking necessary steps to avoid risks or dangers is crucial to staying safe.

22. Sometimes medications can cause unwanted reactions in the body.

23. Medications designed to help alleviate symptoms of depression.

24. Being present and aware of your thoughts and feelings is a key aspect of this practice.

25. Swelling or bloating in certain areas of the body can lead to this condition.

26. One's attitudes and beliefs can shape their overall viewpoint and approach to life.

27. Too much sensory input can overwhelm the brain and lead to this state.

28. Certain medications aim to reduce feelings of hunger and promote weight loss.

29. Ensuring that information is current and accurate is important in various fields.

30. Considering all aspects of a person's well-being not just physical symptoms.

## Answer

**Multiple Choice:** 1. Virus 2. Pasteurized 3. Vaccinated 4. Suicidal 5. Cortisol 6. Holistic 7. Acne 8. Anxiety 9. Experts 10. Depression

**Gap-Fill:** 11. Infected 12. Emergency 13. Hospitalizations 14. Experts 15. Forgiveness 16. Neuroscientist 17. Productivity 18. Inflammation 19. Semaglutide 20. Virus

**Matching sentence:** 1. Precautions 2. Side effects 3. Antidepressants 4. Mindfulness 5. Puffiness 6. Mindset 7. Overstimulate 8. Appetite-suppressing 9. Updated 10. Holistic

## CATEGORY

1. Health - LEVEL1

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