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## California's Devastating Summer COVID Surge: Reasons Explained.

### Description

California is facing a strong wave of COVID this summer. One reason is a new mutation of the virus. The heat waves and wildfires have kept people indoors, making it easier for the virus to spread. Many adults are also more vulnerable because they haven't been exposed to the virus recently. The virus has changed, too. There is a new subvariant called KP.3.1.1 that is highly contagious. Even people who haven't had COVID before are getting sick. COVID cases are increasing, but hospitalizations are still lower than in past summers. The World Health Organization is concerned about the rising infections worldwide. It's important to keep testing for COVID, as symptoms can be similar to allergies. Wastewater data shows high levels of the virus in California. It's essential to follow safety measures like wearing masks in crowded indoor places to stay safe.

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### Vocabulary List:

1. **Mutation** /mju:ˈteɪʃən/ (noun): A change or alteration in the structure or sequence of genes or chromosomes.
2. **Vulnerable** /'vʌlnərəbəl/ (adjective): Capable of being physically or emotionally harmed.
3. **Contagious** /kən'teɪdʒəs/ (adjective): Able to be transmitted from one person to another.
4. **Hospitalizations** /,ha:spɪtələ'zeɪʃənz/ (noun): The act of admitting someone to a hospital for treatment.
5. **Infections** /ɪn'fekʃənz/ (noun): The invasion and multiplication of microorganisms in body tissues leading to disease.
6. **Transmission** /trænz'miʃən/ (noun): The act or process of sending or conveying something from one place or person to another.

### Comprehension Questions

#### Multiple Choice

1. What is one reason California is facing a strong wave of COVID this summer?

- Option: A. Increase in vaccinations
- Option: B. New mutation of the virus
- Option: C. Decrease in population
- Option: D. Lack of testing

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2. What factor has contributed to keeping people indoors and facilitating the spread of the virus in California?

- Option: A. Rainstorms
- Option: B. Heat waves and wildfires
- Option: C. Strong winds
- Option: D. Earthquakes

3. What is the name of the new subvariant that is highly contagious?

- Option: A. Delta
- Option: B. Lambda
- Option: C. KP.3.1.1
- Option: D. Zeta

4. What is one reason many adults in California are more vulnerable to COVID during this wave?

- Option: A. Exposure to previous strains
- Option: B. Strong immunity
- Option: C. Recent vaccine shots
- Option: D. Lack of recent exposure to the virus

5. Why is it important to keep testing for COVID according to the text?

- Option: A. To avoid wearing masks
- Option: B. To track new variants
- Option: C. To alleviate symptoms
- Option: D. To help allergies

6. What data source shows high levels of the virus in California?

- Option: A. Air quality reports
- Option: B. Weather forecasts
- Option: C. Wastewater data
- Option: D. Census data

## Answer

**Multiple Choice:** 1. B. New mutation of the virus 2. B. Heat waves and wildfires 3. C. KP.3.1.1 4. D. Lack of recent exposure to the virus 5. B. To track new variants 6. C. Wastewater data

## Vocabulary quizzes

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

1. Which term refers to a change in the genetic material of a virus?

- Option: Mutation
- Option: Hospitalizations
- Option: Infections
- Option: Dementia

2. What term describes individuals who are more susceptible to infections or diseases?

- Option: Vulnerable
- Option: Contagious
- Option: Symptoms
- Option: Transmission

3. Which term describes the ability of a disease to spread from person to person?

- Option: Contagious
- Option: Inflammation
- Option: Serious
- Option: Attacked

4. What term refers to the act of placing patients in a hospital for treatment?

- Option: Symptoms
- Option: Hospitalizations
- Option: Understandings
- Option: Prevented

5. Which term refers to the invasion and multiplication of harmful microorganisms in the body?

- Option: Infections
- Option: Cholesterol
- Option: Obesity
- Option: Versatile

6. What term describes how a disease is passed from one person to another?

- Option: Traumatic
- Option: Transmission
- Option: Unhealthy
- Option: Researchers

7. Which term describes the body's response to injury or infection causing redness and swelling?

- Option: Inflammation
- Option: Vaccinated
- Option: Nutritional

Option: Moderation

8. Which term describes a condition that requires immediate attention or action?

Option: Serious

Option: Isolation

Option: Risk

Option: Overweight

9. What term describes individuals who have received a preventive injection against a disease?

Option: Dementia

Option: Vaccinated

Option: Versatile

Option: Essential

10. Which term refers to the signs that indicate the presence of a disease or condition?

Option: Contributed

Option: Symptoms

Option: Versatile

Option: Calorie-dense

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

11. The virus \_\_\_\_\_ the immune system causing various health issues.

12. Proper \_\_\_\_\_ of the risks can help individuals make informed decisions.

13. Older adults may be at risk of developing \_\_\_\_\_ due to certain health conditions.

14. High levels of \_\_\_\_\_ can increase the risk of heart disease.

15. Regular exercise can help manage \_\_\_\_\_ and improve overall health.

16. \_\_\_\_\_ is associated with an increased risk of various health problems.

17. Individuals with contagious diseases may need to be placed in \_\_\_\_\_ to prevent spread.

18. Unhealthy eating habits \_\_\_\_\_ to the rise of obesity rates in the population.

19. Being \_\_\_\_\_ increases the likelihood of developing certain weight-related health

conditions.

20. Exposure to certain environmental factors can elevate the \_\_\_\_\_ of certain diseases.

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

21. A diet high in processed foods and low in nutrients is often categorized as poor for health.

22. Scientists conducting studies to better understand the effects of a new drug are often referred to as this.

23. Regular exercise and a balanced diet can help reduce the likelihood of certain diseases.

24. Eating a variety of fruits vegetables and whole grains is essential for good health.

25. Yogurt is a versatile food that can be consumed as a snack or used in cooking.

26. Nuts and seeds are considered calorie-dense foods due to their high energy content.

27. Proteins fats and carbohydrates are considered essential nutrients for the body to function properly.

28. Consuming sugary treats in can be part of a healthy diet.

29. Witnessing a severe accident can have a impact on an individual's mental health.

30. Quinoa is a versatile grain that can be used in salads soups or as a side dish.

## Answer

**Multiple Choice:** 1. Mutation 2. Vulnerable 3. Contagious 4. Hospitalizations 5. Infections 6. Transmission 7. Inflammation 8. Serious 9. Vaccinated 10. Symptoms

**Gap-Fill:** 11. Attacked 12. Understanding 13. Dementia 14. Cholesterol 15. Hypertension 16. Obesity 17. Isolation 18. Contributed 19. Overweight 20. Risk

**Matching sentence:** 1. Unhealthy 2. Researchers 3. Prevented 4. Nutritional 5. Versatile 6. Calorie-dense 7. Essential 8. Moderation 9. Traumatic 10. Versatile

## CATEGORY

1. Health - LEVEL1

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