

CDC Reports Troubling Surge in US Norovirus Cases

Description

The virus that causes the 'stomach flu' or 'winter vomiting disease' is causing more trouble this winter in the US. In just 7 days, the CDC reported 91 cases of norovirus on December 5. Last year, there were only 2 cases during the same week when many were avoiding the coronavirus. The increase in cases is happening in different areas, with over 40 cases in Minnesota alone.

Health officials are urging people to be careful during holiday gatherings to prevent the spread of norovirus. The virus causes symptoms like vomiting, diarrhea, stomach pain, and fever for about one to three days. It spreads easily through direct contact with infected people or contaminated surfaces.

To avoid getting sick, wash your hands often and clean surfaces regularly. If you do get sick, stay home for two days after symptoms go away. Drink plenty of water to stay hydrated. The CDC recommends using a bleach solution to disinfect areas that may have come into contact with bodily fluids to prevent further spread.

Vocabulary List:

1. **Norovirus** /'noʊroʊˌvaɪrəs/ (noun): A highly contagious virus that causes gastrointestinal illness.

SL-NEWS.

- 2. Contaminated /kənˈtæmɪneɪtɪd/ (adjective): Made unclean or impure by contact with something harmful.
- 3. Symptoms /'sɪmptəmz/ (noun): Physical signs or indications of a disease or condition.
- 4. Hydrated /har'dreitid/ (adjective): Having adequate water content in the body.
- 5. **Disinfect** /,dɪsɪn'fɛkt/ (verb): To clean something in order to destroy any bacteria or viruses.
- 6. **Urging** /'ɜːrdʒɪn/ (verb): Encouraging or persuading someone to take action.

Comprehension Questions

Multiple Choice

1. How many cases of norovirus did the CDC report in just 7 days on December 5?

Option: 91 cases Option: 40 cases Option: 2 cases Option: 100 cases



2. What symptoms does norovirus cause?

Option: Vomiting, diarrhea, stomach pain, and fever

Option: Headache and dizziness Option: Sore throat and cough Option: Muscle pain and fatigue

3. How does norovirus spread?

Option: Through direct contact with infected people or contaminated surfaces

Option: Through the air

Option: Through food and water Option: Through mosquito bites

4. What is recommended by health officials to prevent the spread of norovirus during holiday gatherings?

Option: Washing hands often and cleaning surfaces regularly

Option: Avoiding all gatherings
Option: Eating only cooked food

Option: Avoiding physical contact with others

5. How long should you stay home after symptoms go away if you get sick with norovirus?

Option: Two days Option: One week Option: Three days Option: One day

6. What is recommended by the CDC to disinfect areas that may have come into contact with bodily fluids?

Option: Using a bleach solution

Option: Using vinegar

Option: Using hand sanitizer Option: Using soap and water

True-False

- 7. Norovirus causes symptoms like headache and sore throat.
- 8. Norovirus can spread through contaminated surfaces.
- 9. Health officials recommend avoiding holiday gatherings altogether to prevent the spread of norovirus.



- 10. You should drink plenty of water to stay hydrated if you have norovirus.
- 11. Symptoms of norovirus typically last for about one to three weeks.
- 12. Using hand sanitizer is enough to disinfect areas that may have come into contact with bodily fluids.

| 13. The CDC reported cases of norovirus on December 5. |
|---|
| 14. To prevent the spread of norovirus, health officials recommend washing hands often and cleaning |
| surfaces |
| 15. If you do get sick with norovirus, it is recommended to stay home for two days after symptoms go |
| 16. Norovirus causes symptoms like vomiting, diarrhea, stomach pain, and |
| 17. Health officials are urging people to be careful during holiday gatherings to prevent the spread of |
| · |
| 18. The increase in norovirus cases is happening in different areas, with over 40 cases in |
| alone. |

Answer

Multiple Choice: 1. 91 cases 2. Vomiting, diarrhea, stomach pain, and fever 3. Through direct contact with infected people or contaminated surfaces 4. Washing hands often and cleaning surfaces regularly 5. Two days 6. Using a bleach solution

True-False: 7. False 8. True 9. False 10. True 11. False 12. False

Gap-Fill: 13. 91 14. regularly 15. away 16. fever 17. norovirus 18. Minnesota

Vocabulary quizzes



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

1. Which disease is caused by the bacterium Treponema pallidum?

Option: Syphilis Option: Norovirus Option: Diabetes Option: Dementia

2. Which term refers to something from a long time ago?

Option: Ancient Option: Radiation Option: Resilience Option: Diabetes

3. Which process turns organic remains into minerals?

Option: Fossilized Option: Exoskeleton Option: Assess

Option: Contaminated

4. What is the term for being well-watered or retaining water?

Option: Hydrated
Option: Diabetes
Option: Inflammation
Option: Dementia

5. What are single-celled microorganisms called?

Option: Bacteria Option: Preserved Option: Diverse Option: Survive

6. Which virus is known for causing stomach and intestinal inflammation?

Option: Norovirus
Option: Exoskeleton
Option: Ancient
Option: Syphilis

7. What energy is emitted by particles?

Option: Radiation Option: Germ-free Option: Urging



Option: Lifestyle

8. Which health condition is characterized by high blood sugar levels?

Option: Diabetes Option: Dementia Option: Embryos Option: Disinfect

9. Which condition leads to a decline in cognitive function?

Option: Dementia Option: Researcher Option: Germ-free Option: Survive

10. Which term refers to the ability to recover from difficulties?

Option: Resilience Option: Bacteria

Option: Contaminated

Option: Syphilis

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

| 11. A sudden | of a disease in a specific population can lead to widespread concern. |
|--|---|
| 12. The co | llected data to analyze the results of the study. |
| 13. Common | of the flu include fever cough and fatigue. |
| 14. Chronic | can lead to serious health conditions if left untreated. |
| 15. Health experts are | the public to get vaccinated against the flu. |
| 16. Adopting a healthy | can reduce the risk of many chronic diseases. |
| 17. Certain bacteria can | in extreme environments due to their adaptive abilities. |
| 18. Avoid consuming | food or water to prevent foodborne illnesses. |
| 19. The ancient artifacts were well $_$ | in specially designed containers. |
| 20. Health professionals regularly _ | the risk factors associated with certain diseases. |
| | |



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

- 21. Digital technologies have revolutionized the way people are globally.
- 22. Laboratory mice raised in a environment help scientists study the role of microbes in health.
- 23. Insects have an external skeletal structure called an for support and protection.
- 24. The detective carefully examined the crime scene for any that could lead to solving the case.
- 25. The researchers studied the development of frog to understand genetic processes.
- 26. It is important to surfaces regularly to prevent the spread of germs and viruses.
- 27. Colds are a illness especially during the winter months.
- 28. The Amazon rainforest is home to a range of plant and animal species.
- 29. The archaeologists unearthed an burial site dating back thousands of years.
- 30. The community showed great in rebuilding after the natural disaster.

Answer

Multiple Choice: 1. Syphilis 2. Ancient 3. Fossilized 4. Hydrated 5. Bacteria 6. Norovirus 7. Radiation 8. Diabetes 9. Dementia 10. Resilience

Gap-Fill: 11. outbreak 12. researcher 13. symptoms 14. inflammation 15. urging 16. lifestyle 17. survive 18. contaminated 19. preserved 20. assess

Matching sentence: 1. connected 2. germ-free 3. exoskeleton 4. clues 5. embryos 6. disinfect 7. common 8. diverse 9. ancient 10. resilience

CATEGORY

1. Health - LEVEL2

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