



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** /'noʊrʊs,vairəs/ (noun): A highly contagious virus that causes gastrointestinal illness.
2. **Contaminated** /kən'tæmɪneɪtɪd/ (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** /haɪ'dreɪtɪd/ (adjective): Having adequate water content in the body.
5. **Disinfect** /,dɪsɪn'fekt/ (verb): To clean something in order to destroy any bacteria or viruses.
6. **Urging** /'ɜːrdʒɪŋ/ (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.



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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.

Gap-Fill

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 _____ collected 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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Author

aimeeyoung99