



City Grapples with Adenovirus Outbreak

Description

In the city of Karachi, a virus called Adenovirus, or ADV, is causing a lot of problems. What is causing the virus to spread is changes in the weather and dirty air in the city.

Many sick people have symptoms like headaches, colds, coughs and fevers. Some also have diarrhoea. Health workers say over a thousand people have these symptoms every day.

Dr Harish Kumar from Civil Hospital said these illnesses have been more common in the last 15 to 20 days. When patients come in feeling sick they are given medicines to feel better. The hot afternoons, colder nights, changes in the weather and dirty air are causing more people to get sick.

Even though many patients complain about feeling sick, their blood pressure is normal. The fever from this virus can last for about a week. Doctor Kumar advised people to drink boiled water, wear masks, and avoid eating junk food.

Most of the sickness is viral, but some are caused by bacteria, said the Chief Medical Officer, Dr. Abdul Latif Shaikh. In fact, diarrhoea is also more common now because of dirty water. Patients' kidneys can be harmed by diarrhoea.

Dr. Faisal Javed, a doctor from Jinnah Hospital, said that this is not a new virus. People can get vaccinated to prevent the virus. Those with problems like diabetes or asthma must be extra careful. He also suggested maintaining distance from others and wearing masks.

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Vocabulary List:

1. **Adenovirus** // (noun): A common virus that can cause a range of illnesses, including cold-like symptoms, diarrhea, and fever.
2. **Symptoms** // (noun): Physical or mental features that indicate a disease or condition.
3. **Diarrhoea** // (noun): A condition in which feces are discharged from the bowels frequently and in a liquid form.
4. **Medicines** // (noun): Substances used to treat disease or relieve pain.
5. **Vaccinated** // (verb): To administer a vaccine to protect against disease.
6. **Diabetes** // (noun): A disease in which the body's ability to produce or respond to insulin is impaired, resulting in abnormal metabolism of carbohydrates and high levels of glucose in the blood.

Vocabulary quizzes

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

1. Which type of virus can cause symptoms such as fever cough and sore throat?
Option: Adenovirus
Option: Norovirus
Option: Diabetes
Option: Heart disease
2. What term refers to individuals who have received a vaccine to prevent a specific disease?
Option: Vaccinated
Option: Psychiatric
Option: Handle
Option: Transparency
3. Excessive body weight that increases the risk of various health conditions is known as:
Option: Obesity
Option: Commit
Option: Test
Option: Consuming
4. Which type of food is a good source of fiber and nutrients and is recommended for a healthy diet?



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- Option: Whole grains
Option: Fluids
Option: Research
Option: Facilities
5. What virus is highly contagious and can cause stomach pain nausea vomiting and diarrhea?
Option: Norovirus
Option: Chance
Option: Promise
Option: Early death
6. Which term describes the possibility of something happening?
Option: Chance
Option: Shellfish
Option: Heart attack
Option: Handle
7. What process involves the systematic investigation into and study of materials and sources to establish facts and reach new conclusions?
Option: Research
Option: Facilities
Option: Psychiatric
Option: Ultra-processed
8. Food products that are significantly altered from their original form and often contain additives fall under which category?
Option: Ultra-processed
Option: Commit
Option: Promises
Option: Fluids
9. Which term refers to the quality of being easily understood and openly communicated?
Option: Transparency
Option: Diarrhoea
Option: Handle
Option: Medicines
10. What medical condition causes inflammation of the stomach and intestines leading to symptoms like diarrhea and vomiting?



- Option: Gastroenteritis
- Option: Handles
- Option: Promise
- Option: Immune system

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

11. A _____ occurs when blood flow to a part of the heart is blocked for a long enough time that part of the heart muscle is damaged or dies.
12. To achieve success you must _____ to your goals and work hard towards them consistently.
13. Making a _____ to oneself to maintain a healthy lifestyle can lead to long-term benefits.
14. People allergic to _____ should avoid consuming them to prevent severe reactions.
15. Staying hydrated by drinking an adequate amount of _____ is essential for overall health.
16. Regular exercise and a balanced diet help maintain a strong and healthy _____.
17. One of the symptoms of certain infections is persistent _____ which can lead to dehydration.
18. Always consult a healthcare professional before taking any new _____ to avoid potential interactions.
19. Healthcare _____ such as hospitals and clinics play a crucial role in providing medical services to the community.
20. It is important to _____ a qualified and experienced healthcare provider for accurate



diagnosis and treatment.

21. Learning how to effectively _____ stress is key to maintaining mental and emotional well-being.

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

22. Issues related to mental health may require the expertise of professionals in this field.
23. To reach your fitness goals you must dedicate yourself to consistent effort and hard work.
24. Learning how to effectively manage daily stress is important for one's well-being.
25. Making a commitment to healthy habits often starts with a personal pledge to oneself.
26. In the healthcare industry clear and honest communication is key to building trust with patients.
27. Scientists conduct experiments and gather data to advance knowledge and make new discoveries in various fields.
28. Modern hospitals are well-equipped with state-of-the-art technology and resources to provide quality care.
29. Promising oneself to maintain a balanced diet and regular exercise routine can lead to improved health.
30. There is always a possibility or opportunity for positive outcomes to occur in any situation.
31. Developing coping mechanisms to handle stress is crucial for mental resilience and emotional well-being.

Answer

Multiple Choice: 1. Adenovirus 2. Vaccinated 3. Obesity 4. Whole grains 5. Norovirus 6. Chance 7. Research 8. Ultra-processed 9. Transparency 10. Gastroenteritis

Gap-Fill: 11. Heart attack 12. Commit 13. Promise 14. Shellfish 15. Fluids 16. Immune system 17. Diarrhoea 18. Medicines 19. Facilities 20. Appoint 21. Handle

Matching sentence: 1. Psychiatric 2. Commit 3. Handle 4. Promise 5. Transparency 6. Research 7. Facilities 8. Promise 9. Chance 10. Handle



CATEGORY

1. Health - LEVEL2

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