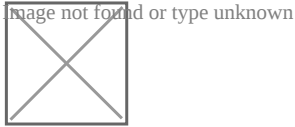




Eureka Elks Lodge Shut Down for Shigella Exposures

Description



Eureka Elks Lodge. | Google Street View.

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The Elks Lodge in Eureka had to close for two weeks due to a Shigella outbreak. The outbreak started at an event on August 28, where people got sick after attending. Some infected individuals kept coming to the lodge and serving food, which made the situation worse. Health officials worked with the lodge to try and stop the spread of the illness, but more cases appeared. Shigella is a germ found in stool and spreads easily through contaminated food or surfaces. Symptoms include fever, stomach cramps, and diarrhea. People can prevent the spread by washing hands regularly. If you feel sick, stay home and avoid sharing food or swimming until you feel better. Contact a doctor or Public Health if you have symptoms.

Vocabulary List:

1. **Outbreak** /'aʊt.breɪk/ (noun): A sudden rise in the incidence of a disease.
2. **Contaminated** /kən'tæm.ɪ.neɪ.tɪd/ (adjective): Made unclean or unsafe by the introduction of harmful substances.
3. **Symptoms** /'sɪmp.təmz/ (noun): Physical or mental features indicating a condition or disease.
4. **Officials** /ə'fɪ.əlz/ (noun): People in positions of authority or responsibility.
5. **Prevention** /prɪ'ven.jən/ (noun): The act of stopping something from happening.
6. **Health** /heɪlθ/ (noun): The state of being free from illness or injury.

Comprehension Questions

Multiple Choice

1. What caused the Elks Lodge in Eureka to close for two weeks?

Option: COVID-19 outbreak



- Option: Shigella outbreak
- Option: Food poisoning incident
- Option: Water contamination

2. When did the outbreak at the Elks Lodge start?

- Option: August 1
- Option: August 15
- Option: August 28
- Option: September 10

3. How does Shigella spread?

- Option: Through the air
- Option: Through contaminated food or surfaces
- Option: By physical contact
- Option: Through water consumption

4. What are the symptoms of Shigella infection?

- Option: Headache and fatigue
- Option: Sore throat and cough
- Option: Fever, stomach cramps, and diarrhea
- Option: Joint pain and muscle aches

5. How can people prevent the spread of Shigella?

- Option: Wearing masks at all times
- Option: Regular hand washing
- Option: Avoiding eye contact with infected individuals
- Option: Using hand sanitizers frequently

6. What should you do if you feel sick?

- Option: Go out and socialize more
- Option: Share food with others
- Option: Stay home and avoid sharing food or swimming
- Option: Exercise vigorously

Answer

Multiple Choice: 1. Shigella outbreak 2. August 28 3. Through contaminated food or surfaces 4. Fever, stomach cramps, and diarrhea 5. Regular hand washing 6. Stay home and avoid sharing food or swimming



Vocabulary quizzes

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

1. What type of fasting involves alternating periods of eating and fasting?
Option: A. Ketogenic
Option: B. Intermittent
Option: C. Vegan
Option: D. Paleo
2. What term refers to all the chemical reactions in the body that involve energy transformation?
Option: A. Digestion
Option: B. Metabolism
Option: C. Circulation
Option: D. Respiration
3. Which process is responsible for the production of heat in the body?
Option: A. Thermogenesis
Option: B. Photosynthesis
Option: C. Mitosis
Option: D. Osmosis
4. Which substances help protect cells from damage caused by free radicals?
Option: A. Probiotics
Option: B. Antioxidants
Option: C. Hormones
Option: D. Antibiotics
5. Which macronutrient is essential for building and repairing tissues in the body?
Option: A. Fat
Option: B. Protein
Option: C. Carbohydrate
Option: D. Fiber
6. What type of diet excludes the protein gluten found in grains like wheat barley and rye?
Option: A. Vegan
Option: B. Mediterranean
Option: C. Gluten-free
Option: D. Pescatarian
7. Food can cause illness if it is _____ with harmful bacteria or other contaminants.



- Option: A. Enriched
- Option: B. Sterilized
- Option: C. Contaminated
- Option: D. Preserved

8. Who is responsible for setting and enforcing public health policies?

- Option: A. Doctors
- Option: B. Officials
- Option: C. Scientists
- Option: D. Researchers

9. What approach focuses on avoiding the occurrence of diseases or injuries?

- Option: A. Treatment
- Option: B. Detection
- Option: C. Prevention
- Option: D. Cure

10. Which term refers to a state of complete physical mental and social well-being?

- Option: A. Illness
- Option: B. Sickness
- Option: C. Health
- Option: D. Disease

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

11. A _____ is a unit of energy that is used to measure the energy content of food and the energy expenditure of activities.

12. It is _____ to consult a healthcare provider before making significant changes to your diet or exercise routine.

13. Scientists conducted an _____ to test the effects of the new drug on metabolism.

14. The new supplement is designed to assist in _____ weight loss efforts.

15. The gut _____ plays a crucial role in digestion and overall health.

16. Spicy foods contain _____ a compound that can increase metabolism and fat



burning.

17. _____ are molecules produced naturally in the body that bind to cannabinoid receptors.

18. The new therapy shows promising _____ effects in treating chronic pain.

19. Consult a registered _____ for personalized nutrition advice.

20. The daily _____ intake of vitamin C varies based on age and gender.

21. Health officials are investigating the cause of the recent foodborne illness _____.

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

22. fat surrounds internal organs and has been linked to increased health risks.
23. rate can affect weight management and overall health.
24. Authorities are the sources of water contamination in the area.
25. Chronic conditions can lead to long-term damage in the body.
26. play a role in appetite regulation and mood control.
27. Brown fat activation can increase and calorie expenditure.
28. To lose weight you need to create a deficit through diet and exercise.
29. Consuming fruits and vegetables rich in can help boost your immune system.
30. Athletes often increase their intake to support muscle repair and growth.
31. Understanding the basics of can help you make healthier food choices.

Answer

Multiple Choice: 1. B. Intermittent 2. B. Metabolism 3. A. Thermogenesis 4. B. Antioxidants 5. B. Protein 6. C. Gluten-free 7. C. Contaminated 8. B. Officials 9. C. Prevention 10. C. Health

Gap-Fill: 11. Calorie 12. advisable 13. experiment 14. aiding 15. microbiome 16. capsaicin 17. Endocannabinoids



18. therapeutic 19. dietitian 20. recommended 21. outbreak

Matching sentence: 1. Visceral 2. Metabolic 3. Investigating 4. Inflammatory 5. Endocannabinoids
6. Thermogenesis 7. Calorie 8. Antioxidants 9. Protein 10. Nutrition

CATEGORY

1. Health - LEVEL2

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