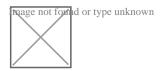


Eureka Elks Lodge Shut Down for Shigella Exposures

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 /'aut.breik/ (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** /əˈfɪʃ.əlz/ (noun): People in positions of authority or responsibility.
- 5. Prevention /prr'vɛn.ʃən/ (noun): The act of stopping something from happening.
- 6. **Health** /hɛlθ/ (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

ESL-NEWS



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? ISL-NEWS.

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? ESL-NEWS.CC

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	s 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 you		
diet or exercise routine.			
13. Scientists conducted an	to test the effects of the new drug on metabolism.		
14. The new supplement is desi	gned 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 pr	roduced 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	e of the recent foodborne illness	
Matching Sentences (Match each definit	tion 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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