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## Experts advise against ignoring minor conditions in your newborn baby

### Description

Experts warn parents to take minor illnesses in newborns seriously, as they could have severe consequences. Even common ailments like a cold sore or a common cold can lead to serious complications in babies due to their immature immune systems. Dr. Muriel Meso emphasizes the importance of recognizing signs such as drowsiness, rashes, high temperature, and fast breathing. These symptoms could indicate a potentially dangerous infection. Parents should seek medical attention if they notice any worrying signs in their newborns. Prevention is key, so it's essential to practice good hygiene and avoid contact with sick individuals. Remember, what may seem like a simple cold sore to adults could have serious implications for a baby's health. Stay vigilant and always prioritize your baby's well-being.

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### Vocabulary List:

1. **consequences** // (noun): Results or effects of an action or condition.
2. **ailments** // (noun): Health problems or disorders.
3. **complications** // (noun): Unforeseen or undesired consequences of a situation.
4. **immature** // (adjective): Not fully developed or grown.
5. **emphasizes** // (verb): Gives special importance or attention to something.
6. **infection** // (noun): Invasion and multiplication of harmful microorganisms in a body.

### Vocabulary quizzes

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

1. What is important to do in order to keep muscle mass?

- Option: Eat a balanced diet
- Option: Sleep less
- Option: Avoid exercise
- Option: Ignore hydration

2. Which term refers to the ability to sustain prolonged physical or mental effort?



- Option: Maintain
- Option: Muscle mass
- Option: Metabolism
- Option: Endurance

3. What type of infection is caused by bacteria?

- Option: Viral
- Option: Parasitic
- Option: Bacterial
- Option: Fungal

4. What type of measure is taken to prevent disease?

- Option: Curative
- Option: Prophylactic
- Option: Symptomatic
- Option: Chronic

5. Which term relates to the mental processes of perception memory and reasoning?

- Option: Alleviate
- Option: Complications
- Option: Cognitive
- Option: Immature

6. What type of disorders affect the nerves and brain?

- Option: Endurance
- Option: Alleviate
- Option: Neurological
- Option: Metabolism

7. Which compound is associated with the health benefits of pomegranates?

- Option: Bacterial
- Option: Urolithin
- Option: Aloe
- Option: UV

8. What term describes minor illnesses?

- Option: Infection
- Option: Ailments
- Option: Complications
- Option: Excessive

9. What term describes something not fully developed or grown?

- Option: Preventing



- Option: Immature
- Option: Spread
- Option: Guidelines

10. What is the result of excessive exposure to UV radiation?

- Option: Precautions
- Option: Alleviate
- Option: Sunburn
- Option: Crucial

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

11. Regular exercise helps to maintain \_\_\_\_\_.
12. It is crucial to drink enough water to prevent \_\_\_\_\_.
13. Exercise can boost your \_\_\_\_\_ helping you burn more calories.
14. Consult with \_\_\_\_\_ to get reliable health advice.
15. Washing hands regularly can help prevent the \_\_\_\_\_ of germs.
16. \_\_\_\_\_ consumption of sugary drinks can lead to health issues.
17. Ignoring early symptoms of an illness can lead to serious \_\_\_\_\_.
18. Applying sunscreen can protect your skin from \_\_\_\_\_ radiation.
19. Follow safety \_\_\_\_\_ to avoid accidents and injuries.
20. Painkillers can help \_\_\_\_\_ discomfort caused by headaches.

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

21. Regular exercise and a healthy diet are essential for illness.
22. Using cold packs can help swelling after an injury.
23. Getting enough sleep is for overall health and well-being.
24. Antibiotics are used to treat bacterial .



25. Following safety can help reduce workplace accidents.
26. vera is known for its soothing properties and is commonly used for sunburns.
27. Regular exercise can increase your rate aiding in weight management.
28. Protect your skin from harmful rays by wearing sunscreen.
29. Strength training exercises can help maintain and increase .
30. Good hygiene practices can prevent the of infectious diseases.

## Answer

**Multiple Choice:** 1. Eat a balanced diet 2. Endurance 3. Bacterial 4. Prophylactic 5. Cognitive 6. Neurological 7. Urolithin 8. Ailments 9. Immature 10. Sunburn

**Gap-Fill:** 11. Muscle mass 12. Dehydration 13. Metabolism 14. Experts 15. Spread 16. Excessive 17. Complications 18. UV 19. Guidelines 20. Alleviate

**Matching sentence:** 1. Preventing 2. Alleviate 3. Crucial 4. Infection 5. Guidelines 6. Aloe 7. Metabolism 8. UV 9. Muscle mass 10. Spread

## CATEGORY

1. Health - LEVEL1

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