



Millions suffering from Long COVID, but research hasn't found answers yet

Description

Sawyer Blatz still feels sick a year after getting COVID-19. He can't do things he loves, like running in the park or biking. He has long COVID, with many symptoms that won't go away. He feels tired all the time and can't do much. Sawyer wants more support for people like him. Many others also have long COVID with no treatment. The government is studying long COVID and trying to find ways to help. More research is needed to understand and treat this condition. Sawyer hopes for better treatments in the future. Scientists believe that studying long COVID can help with other illnesses too. They want to learn from this experience to help more people in the future.

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Vocabulary List:

1. **long COVID** // (noun): A condition where COVID-19 symptoms persist for an extended period of time.
2. **symptoms** // (noun): Physical or mental features indicating a specific condition.



3. **treatment** // (noun): Medical care provided to improve health or relieve symptoms.
4. **support** // (noun): Help or assistance provided to someone in need.
5. **research** // (noun): Investigation aimed at discovering new knowledge or information.
6. **scientists** // (noun): Individuals who study and practice science.

Vocabulary quizzes

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

1. What is a term used to describe a lingering set of symptoms after a person recovers from COVID-19?
Option: Persistent COVID
Option: Long-lasting COVID
Option: long COVID
Option: Post-acute sequelae of SARS-CoV-2 infection (PASC)
2. What type of assistance is crucial for individuals dealing with long-term effects of COVID-19?
Option: Mental Health Support
Option: Physical Exercise
Option: Nutritional Intervention
Option: support
3. Who is actively involved in researching long COVID to better understand its causes and potential treatments?
Option: Healthcare Workers
Option: Researchers
Option: scientists
Option: Epidemiologists
4. What is one of the key strategies recommended by health authorities to reduce the spread of norovirus?
Option: Vaccination
Option: Handwashing
Option: social distancing
Option: Prevent
5. What can occur in severe cases of norovirus infection especially among vulnerable populations?
Option: Hospitalization
Option: Recovery
Option: Deaths
Option: Long-term effects
6. What is being conducted to develop effective treatments for long COVID?



- Option: Field studies
- Option: Clinical trials
- Option: Behavioral interventions
- Option: research

7. What common symptom is experienced by individuals infected with norovirus?

- Option: Fatigue
- Option: Headache
- Option: Sickness
- Option: Joint pain

8. What are health officials and researchers conducting to understand outbreaks of norovirus?

- Option: Surveys
- Option: Treatment plans
- Option: Contact tracing
- Option: investigations

9. What symptom is commonly associated with norovirus infection?

- Option: Fever
- Option: Cough
- Option: Body aches
- Option: Vomit

10. Why is norovirus considered particularly risky in settings such as hospitals and nursing homes?

- Option: Fast incubation period
- Option: Dangerous
- Option: Resistance to disinfectants
- Option: Poor hygiene practices

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

11. One of the symptoms of long COVID is feeling extremely fatigued making individuals often unable to work causing them to be _____ from their jobs.

12. In addition to vomiting norovirus infection can lead to other symptoms such as stomach cramps and _____ .

13. One of the most noticeable symptoms of norovirus is sudden and severe _____ which



can persist for days.

14. People often refer to norovirus as the "winter _____" due to its peak season during colder months.

15. In healthcare settings cleaning agents must be used correctly to ensure they effectively eliminate any trace of the virus as norovirus is a highly contagious _____.

16. Norovirus is highly _____ spreading easily from person to person especially in crowded or enclosed spaces.

17. Another uncomfortable symptom of norovirus infection is severe stomach pain accompanied by frequent _____.

18. Proper hand hygiene and surface disinfection are essential to _____ the transmission of norovirus in households and public places.

19. The _____ is a leading authority in providing guidelines and recommendations for the prevention and control of norovirus outbreaks.

20. Despite its potential dangers norovirus typically _____ in environments where people are in close contact facilitating its spread.

21. Healthcare facilities must adhere to strict infection control measures to prevent outbreaks as norovirus _____ conventional cleaning methods.

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

22. Common manifestations that indicate the presence of an illness or condition.

23. To stop something from happening or to avoid it altogether.



24. A highly contagious virus that causes gastroenteritis leading to symptoms such as vomiting and diarrhea.
25. Capable of being passed easily from one person to another through direct or indirect contact.
26. Posing a risk of harm injury or adverse effects often requiring caution and careful management.
27. Occurrences of individuals passing away usually due to severe illness or complications.
28. Promotes or showcases its presence or existence in certain conditions or environments.
29. Refuses to accept or acknowledge the truth existence or occurrence of something.
30. Systematic inquiries or examinations carried out to uncover facts solve problems or gather information.
31. Discomfort or ache experienced in the abdominal region often associated with digestive issues.

Answer

Multiple Choice: 1. long COVID 2. support 3. scientists 4. Prevent 5. Deaths 6. research 7. Sickness 8. investigations 9. Vomit 10. Dangerous

Gap-Fill: 11. Absent 12. Nausea 13. Vomiting 14. Stomach bug 15. Substance 16. Contagious 17. Diarrhea 18. Prevent 19. Centers for Disease Control and Prevention 20. Advertises 21. Denies

Matching sentence: 1. Symptoms 2. Prevent 3. Norovirus 4. Contagious 5. Dangerous 6. Deaths 7. Advertises 8. Denies 9. Investigations 10. Stomach pain

CATEGORY

1. Health - LEVEL1

Date Created

2024/02/29

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