

The city is severely affected by an Adenovirus outbreak.

Description

KARACHI: The metropolis is grappling with an uncontrollable outbreak of Adenovirus (ADV), worsened by climate change and environmental pollution. Symptoms such as headaches, chills, coughs, colds, fevers, and a rise in cases of diarrhoea have led to an influx of patients into local healthcare facilities.

Healthcare officials disclosed an increasing footfall, with more than a thousand patients crowding the government hospital daily, exhibiting ADV symptoms. For instance, Dr. Ruth KM Pfau Civil Hospital attended to 782 cases of ADV and acute respiratory tract infections on Saturday, with the figure escalating to 1,275 cases on Monday.

Dr. Harish Kumar, Assistant Medical Superintendent Civil Hospital, highlighted a substantial surge in cases of cold, cough, and fever within the past two to three weeks. With the weather swinging between cool nights and hot afternoons, exacerbated by environmental pollution and climate upheavals, the number of these cases is notably on an upward trend.

The majority of patients report symptoms including headaches, runny noses, fevers, and chills, with normal blood pressure readings and the fever duration typically lasting around a week. Dr. Kumar urged citizens to adopt preventive measures such as using boiled water, wearing masks, and shunning junk food, particularly protecting children and the elderly who are more susceptible.

KARACHI'S Civil Hospital Chief Medical Officer, Dr. Abdul Latif Shaikh, pointed out that a staggering 90 percent of reported cases are viral infections, punctuated with a few bacterial infections.

According to Dr. Imran, the emergency in-charge at the Civil Hospital, there has been a startling surge in diarrhoea cases. Where previously the hospital reported 4-6 daily cases, the figure now stands at 10-12 cases daily, largely precipitated by consumption of contaminated water. This has led to additional complications, impacting patients' renal health.

However, Dr. Faisal Javed, a General Physician at Jinah Hospital Karachi, moved to allay public fear and panic. He reaffirmed that the virus is not novel, with existing vaccines available to prevent it. He advised diabetic and asthmatic patients to exercise caution as ADV is a contagious viral infection. He further emphasized the need for citizens to practice social distancing and wear face masks.

While the city wrestles with the ADV outbreak, its citizens must remain vigilant and adopt necessary precautionary measures to guard against infection and help curb its spread.

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Vocabulary List:



1. **Outbreak** // (noun): A sudden occurrence of something unwelcome, such as a disease.
2. **Contagious** // (adjective): Easily spread from one person to another.
3. **Upheavals** // (noun): Sudden, violent changes or disturbances.
4. **Exacerbated** // (verb): Make a situation worse or more severe.
5. **Vaccine** // (noun): A substance used to stimulate the production of antibodies and provide immunity against a disease.
6. **Precautionary** // (adjective): Done in order to prevent harm or risk.

Vocabulary quizzes

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

1. What term is used to describe a sudden occurrence of a disease in a specific geographic area?
Option: Elderly
Option: Outbreak
Option: Gastrointestinal
Option: Endeavor
2. What is a substance used to stimulate the production of antibodies and provide immunity against one or several diseases?
Option: Hygiene
Option: Vaccine
Option: Immunizations
Option: Directive
3. Which term refers to extreme tiredness resulting from mental or physical exertion?
Option: Campaign
Option: Fatigue
Option: Uptake
Option: Compelling
4. What is the process by which a person becomes protected against a disease through vaccination?
Option: Precautionary
Option: Immunizations
Option: Directive
Option: Boosters
5. Which term relates to the colon and rectum in the human body?
Option: Colorectal
Option: Indispensable

Option: Insidious

Option: Alarming

6. What is the body's response to an injury or infection causing redness swelling pain and heat?

Option: Inflammation

Option: Gastrointestinal

Option: Indispensable

Option: Compelling

7. Which term refers to the business of providing food service at a remote site or a site such as a hotel pub or other locations?

Option: Catering

Option: Upheavals

Option: Endeavor

Option: Tolerable

8. What term describes an official or authoritative instruction regulation or command?

Option: Directive

Option: Alarming

Option: Fatigue

Option: Campaign

9. Which term describes a sudden and powerful forward or upward movement especially by a crowd or by a natural force like waves or tides?

Option: Tolerable

Option: Booster

Option: Contagious

Option: Surge

10. What is the act or practice of introducing a vaccine into the body to produce immunity against a specific disease?

Option: Inoculation

Option: Indispensable

Option: Immunity

Option: Exacerbated

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

11. COVID-19 is highly _____ spreading easily from person to person.

12. Regular exercise is _____ for maintaining good health.

13. Embarking on a new _____ can be both exciting and challenging.

14. The sudden increase in crime rates is quite _____ for the local community.

15. After receiving the initial vaccine dose a _____ shot may be required to enhance immunity.

16. The speaker delivered a _____ argument that convinced the audience to support the cause.

17. The successful _____ of new safety measures helped reduce workplace accidents.

18. A diet rich in fiber can promote healthy _____ function.

19. Measles is a highly _____ disease that spreads quickly among unvaccinated individuals.

20. Practicing good personal _____ can help prevent the spread of infections.

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

21. Taking measures such as wearing masks and washing hands can help reduce the risk of infection.
22. The disease had an onset making it difficult to detect in the early stages.
23. Vaccination helps build against specific diseases enhancing the body's ability to fight infections.
24. The public health aimed to increase awareness about the importance of regular screenings for early detection of cancer.
25. The virus was highly resulting in rapid transmission within the community.
26. Political in the region led to instability and uncertainty among the population.
27. The side effects of the medication were mild and for most patients.
28. The lack of access to clean water the spread of waterborne diseases in the affected communities.



29. Healthcare facilities often provide specialized services for the population to address their unique needs.

30. Maintaining good personal is essential in preventing foodborne illnesses.

Answer

Multiple Choice: 1. Outbreak 2. Vaccine 3. Fatigue 4. Immunizations 5. Colorectal 6. Inflammation 7. Catering 8. Directive 9. Surge 10. Inoculation

Gap-Fill: 11. Contagious 12. Indispensable 13. Endeavor 14. Alarming 15. Booster 16. Compelling 17. Uptake 18. Gastrointestinal 19. Communicable 20. Hygiene

Matching sentence: 1. Precautionary 2. Insidious 3. Immunity 4. Campaign 5. Infectious 6. Upheavals 7. Tolerable 8. Exacerbated 9. Elderly 10. Hygiene

CATEGORY

1. Health - LEVEL4

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