

2 Rewrite these sentences. Give advice using *it's important . . .*, *it's a good idea . . .*, or *it's sometimes helpful . . .*

Grammar note: Negative infinitives

Problem	Advice	Negative infinitive
For the flu,	don't exercise a lot.	For the flu, it's a good idea not to exercise a lot.

- For a toothache, don't eat cold foods.
For a toothache, it's important not to eat cold foods.
- For a sore throat, don't talk too much.
For a sore throat, it's a good idea not to talk too much.
- For a burn, don't put ice on it.
For a burn, it's sometimes helpful not to put ice on it.
- For insomnia, don't drink coffee at night.
For insomnia, it's a good idea not to drink coffee at night.
- For a fever, don't get out of bed.
For a fever, it's important not to get out of bed.

3 Check (✓) three health problems you have had. Write what you did for each one. Use the remedies below or your own remedies.

Health problems

- | | |
|--|---|
| <input checked="" type="checkbox"/> a cough | <input checked="" type="checkbox"/> a backache |
| <input checked="" type="checkbox"/> a headache | <input checked="" type="checkbox"/> the hiccups |
| <input type="checkbox"/> insomnia | <input type="checkbox"/> a sunburn |
| <input type="checkbox"/> a cold | <input checked="" type="checkbox"/> stress |

Some remedies

- take some pain medicine
- get some medicine from the drugstore
- use some lotion
- put some ointment on it
- take some cough drops
- see my doctor/dentist
- go to bed
- do nothing



Example: *Yesterday, I had a bad headache, so I took some pain medicine.*

- Yesterday, I had the hiccups, so I stop breathing for as long as possible.*
- Last month, I had a cough, so I see the doctor.*
- Sometimes I had stress, so I take a rest.*