

Self-care

Check it

THEME 1 TAKING TEMPERATURES

N MSS1/E3.9

- 1 What is the reading for normal body temperature?
- A 33 °C
 - B 35 °C
 - C 37 °C

THEME 2 IMMUNISATION AND HEALTH SCREENING

N HD1/L1.4

- 2 Look at the information below. How often should a woman aged 52 go for a routine smear test?
- A every 3 years
 - B every 5 years
 - C not until she is 65
 - D once, unless her tests are abnormal

Cervical screening programme	
Who is screened	How often
women aged 25 to 49	every 3 years
women aged 50 to 64	every 5 years
women aged 65 and over	only if you have not been screened since 50 or if you have had recent abnormal tests

THEME 3 REMEMBERING SPOKEN INSTRUCTIONS

L SLI/r/E3.2

- 3 The doctor gives you some instructions about taking medicine. Look at the speech-bubble. When can you stop taking the medicine?
- A when you feel better
 - B after four days
 - C when you finish all the tablets

Take one tablet, four times a day. I've given you a course for ten days. It's important to finish the course, even if you feel better.



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THEME 4 CHECKING MEDICINE LABELS

N MSS1/L1.2

- 4 The expiry date on a medicine bottle reads 08-2014. What does the 08 mean?
- A the day
 - B the week
 - C the month
 - D the year

THEME 5 DOSAGE AND TIMING

N MSS1/L1.3

- 5 Look at the medicine label. If you take the first two tablets at 11:00 am, what time can you take your next tablets?
- A 2:00 pm
 - B 3:00 pm
 - C 4:00 pm
 - D 5:00 pm

Take two tablets
every four hours.

THEME 6 ADVICE FROM THE PHARMACIST

E Lr/3.2b

- 6 The pharmacist gives you some medicine for your cough. Look at the speech-bubble. How might the medicine make you feel?
- A sleepy
 - B active
 - C tickly

This is good for a tickly cough. When you get home, take two 5 ml spoonfuls. It may make you a bit sleepy so don't do anything too active. If you do feel drowsy, don't drive.



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ANSWERS

1 C

2 B

3 C

4 C

5 B

6 A