

OALCF Task Cover Sheet

Task Title: Reading for Health Awareness

Learner Name:	
Date Started:	Date Completed:
Successful Completion: Yes ___ No ___	
Goal Path: Employment___ Apprenticeship___ Secondary School___ Post Secondary___ Independence✓	
Task Description: Adults need to improve their reading skills to be able to stay informed about health issues and understand health problems. In this task the learner will read an article about the flu and cold and answer questions that test for comprehension.	
Competency: A. Find and Use Information B. Communicate Ideas and Information	Task Group(s): A1: Read continuous text B2: Write continuous text B3: Complete and create documents
Level Indicators: A1.1: Read brief texts to locate specific details A1.2: Read texts to locate and connect ideas and information B2.1: Write brief texts to convey simple ideas and factual information B3.1b: Create very simple document to display and organize a limited about of information	
Performance Descriptors: see chart on last page	
Materials Required: <ul style="list-style-type: none">• The article “The Difference Between the Flu and a Cold”• Pen/pencil and paper (or computer if typing the answers)	

Instructor’s Preparation: Distribute the article “The Difference Between the Flu and a Cold”. Give the learner time to read the article or help him or her read it if needed. Have the learner answer the questions either on paper or type on a computer.

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Adults need to improve their reading skills to be able to stay informed about health issues and understand health problems.

Read the article “The Difference Between the Flu and a Cold”.

Task 1: On a piece of paper or on a computer create two columns. List the symptoms of a cold in one column. List the symptoms of the flu in the other column. Circle or highlight any symptoms that are the same.

Task 2: Which condition is more serious? List the reasons why.

Task 3: Which condition is there a vaccine for and who usually gets this vaccine?

Task 4: Which condition may result in having to take antibiotics? Why?

Task 5: What is one thing you can do to help prevent getting a cold and getting the flu?

The Difference Between a Cold and The Flu

Adapted from <http://www.webmd.com/cold-and-flu/cold-guide/flu-cold-symptoms>

It's important to know the difference between flu and cold symptoms. A cold is a milder respiratory illness than the flu. While cold symptoms can make you feel bad for a few days, flu symptoms can make you feel quite ill for a few days to weeks. The flu can also result in serious health problems such as pneumonia and hospitalizations.

In Canada, about 2,000 people die from the flu every year. However, most people get sick for only a week or two. There is a vaccine you can get for the flu. Most senior citizens get this shot. Other adults or children with serious health problems may also take the vaccine.

There are over 2,000 types of viruses that cause colds. The cold virus gets into your nose. You will get the virus on your hands and then if you touch your nose, the virus will get into your nose. That is why it is important to keep your hands clean.

What are common cold symptoms?

Cold symptoms usually begin with a sore throat, which usually goes away after a day or two. Stuffiness, runny nose, and congestion follow. A cough may start by the fourth and fifth days. Fever is uncommon in adults, but a slight fever is possible. Children are more likely to have a fever with a cold.

Cold symptoms usually last for about a week. During the first three days that you have cold symptoms, you are contagious. This means you can pass the cold to others, so stay home and get some much-needed rest.

If cold symptoms do not improve after a week, you may have a bacterial infection, which means you may need antibiotics.

Sometimes you may mistake cold symptoms for allergies or a sinus infection. If cold symptoms begin quickly and are improving after a week, then it is usually a cold, not an allergy. If your cold symptoms do not seem to be getting better after a week, check with your doctor to see if you have developed an allergy or sinusitis.

What are common flu symptoms?

Flu symptoms are usually more severe than cold symptoms and come on quickly. Symptoms of flu include sore throat, fever, headache, muscle aches and soreness, congestion, and cough. Some types of flu, like the Swine Flu, have symptoms of vomiting and diarrhea.

Most flu symptoms gradually improve over two to five days, but it's not uncommon to feel run down for a week or more. A common complication of the flu is pneumonia, particularly in the young, elderly, or people with lung or heart problems. If you notice shortness of breath, let your doctor know. Another common sign of pneumonia is fever that comes back after having been gone for a day or two.

Just like cold viruses, flu viruses enter your body through the mucous membranes of the nose, eyes, or mouth. Every time you touch your hand to one of these areas, you could be infecting yourself with a virus, which makes it very important to keep hands germ-free with frequent washing to prevent both flu and cold symptoms.

With both the flu and cold it's good to stay home, rest and drink lots of fluids. Some over-the-counter medication may help relieve symptoms but always check with a doctor before taking any medication or giving medication to children.

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Performance Descriptors		Needs Work	Completes task with support from practitioner	Completes task independently
A1.1	<ul style="list-style-type: none"> decodes words and makes meaning of sentences in a single text 			
	<ul style="list-style-type: none"> follows the sequence of events in straightforward chronological texts 			
	<ul style="list-style-type: none"> identifies the main idea in brief texts 			
A1.2	<ul style="list-style-type: none"> scans text to locate information 			
	<ul style="list-style-type: none"> locates multiple pieces of information in simple texts 			
	<ul style="list-style-type: none"> makes low-level inferences 			
	<ul style="list-style-type: none"> makes connections between sentences and between paragraphs in a single text 			
	<ul style="list-style-type: none"> follows the main events of descriptive, narrative and informational texts 			
B2.1	<ul style="list-style-type: none"> writes simple texts to request, remind or inform 			
	<ul style="list-style-type: none"> conveys simple ideas and factual information 			
B3.1b	<ul style="list-style-type: none"> follows conventions to display information in lists, labels, simple forms, signs (e.g. images support the message, text is legible) 			
	<ul style="list-style-type: none"> organizes lists to suit purpose (e.g. chronologically, alphabetically, numerically, sequentially) 			

This task: was successfully completed ___ needs to be tried again ___

Learner Comments

Instructor (print)

Learner Signature