

#17- 16 Slang Words, Phrasal Verbs and Idioms for Sickness

Episode Summary

In episode #17, you'll be learning all about How to Talk About Sickness! It's important to know how to communicate in English that you're sick and even how to describe specific symptoms and how you're feeling.

In this episode, you'll be learning 16 slang words, phrasal verbs and idioms that will help you discuss the topic of sickness. In addition to this, you'll hear about the common mistakes students make when discussing sickness, as well as amazing vocabulary.

After hearing the story, you'll hear what all 16 words mean and how they're typically used in English. Enjoy the episode and use this Study Guide to practice what you learn in the episode!

Vocabulary

- Catch a bug
- Feeling off
- Pick something up
- Come down with
- Throw up/Puke
- Puke my guts out
- Break out in
- Swell up
- Pass out
- Worn out
- Stay off your feet
- Laid up in bed
- Down for the count
- Fight off
- Get over
- The road to recovery

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#17- 16 Slang Words, Phrasal Verbs and Idioms for Sickness

Grammar- Talking about sickness

Most Common Mistake>> Do NOT say I feel bad.

I feel bad does NOT mean I feel sick.

Feel bad is used to express an emotional state. To feel bad for someone means to feel sorry for them or to feel sympathy for them because of a situation they're experiencing.

Ex: I feel bad for my cousin because her dog died yesterday.

How to Correctly Talk About Sickness

1- Use the word sick with to be (to be + sick)

I'm sick.

2- Use the word feel (feel + sick) I feel sick.

I'm feeling sick. I don't feel well.

I don't feel so good/great.

3- Use the idioms:

I'm feeling under the weather.

I'm coming down with something OR I think I'm coming down with something.

4- State your sickness using have + sickness

I have a bad cold. I have a migraine.

My brother has COVID.

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Grammar- Talking about sickness

Important Notes

You never have to go into detail in American culture. Saying that you're sick is usually good enough.

We have an expression: TMI (Too much information)

Don't give away TMI

Okay: Teacher, I'm sick and can't come to class tomorrow.

TMI: Teacher, I have diarrhea and can't come to class tomorrow.

Sick vs. Ill

in American English, ill is typically used with serious, long-term illnesses, like cancer, heart failure, etc.

We use the word ill or illness for things that require hospitalization. So if you tell someone that you're ill, they're going to think that it's very serious.

Ex: Paolo's grandmother has cancer and has been ill for the past few months.

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Grammar- Talking about sickness

SYMPTOMS

What's a symptom? It's a specific physical side effect you feel that shows/indicates a sickness

Questions to ask how someone is feeling:

What are your symptoms?

What are you feeling? What do you feel?

Symptoms of a cold/flu/COVID

Congestion- you can't breathe properly

Stuffy nose- you can't breathe clearly through the nose Runny nose- loose mucus is coming out of your nose Sore throat- when you feel pain in your throat

I have a sore throat.

Can also say: My throat feels scratchy.

Body/Muscle aches = to feel pain throughout your body. We can also say soreness throughout the body

Watery eyes- when your eyes produce too many tears or extra wetness The chills- when your body shakes and feels cold even though it's not cold. Shortness of breath: when you have difficulty breathing

Fatigue- extreme tiredness

Dizziness- when you feel a sensation of spinning or imbalance Upset

stomach/Stomachache: pain in your stomach

Heartburn: when you feel a burning pain in your chest due to acid from the stomach coming up

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#17- 16 Slang Words, Phrasal Verbs and Idioms for Sickness

VOCABuLARY & DefinitiOnS

1- **Catch a bug:** to get an illness or infection, typically a contagious one like a cold or flu virus

Oh no, I think I caught a bug from my coworker because my throat is starting to hurt.

2- **Feeling off:** Experiencing a sense of being unwell or not quite right, often without specific symptoms.

I'm really feeling off today; I just don't have my usual energy.

3- **Pick something up:** To contract or get something, such as an illness or infection, from someone else

I must have picked up this stomach virus at the restaurant over the weekend.

4- **Come down with:** To become sick with a sickness or disease, especially one that develops slowly

Unfortunately, she came down with the flu right before her big presentation.

5- **Throw up/Puke:** To vomit, when what is in your stomach comes out forcibly through the mouth, often due to illness or nausea.

After eating the spoiled food, he ran to the bathroom to throw up.

6- **Puke my guts out:** An exaggerated expression for vomiting intensely or excessively. I ate too much at the buffet, and I thought I was going to puke my guts out.

7- **Break out in (a cold sweat):** To suddenly start- begin sweating, often due to fear, anxiety, illness, or other intense emotions.

When I heard the news, I broke out in a cold sweat from nervousness.

8- **Swell up:** To become enlarged or swollen, usually due to inflammation or fluid retention.

Her ankle swelled up after she twisted it while running in the marathon.

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VOCABULARY & DEFINITIONS

9- **Pass out:** To lose consciousness suddenly, often due to fatigue, illness, or a medical condition. To faint

He passed out from heat exhaustion during the hours long competition.

10- **Worn out:** Extremely tired, exhausted and without energy, usually as a result of physical or mental work

She was extremely worn out after her 60 hour work week.

11- **Stay off your feet:** To stay seated and stop standing or walking, typically advised by a doctor or medical professional for recovery from illness or injury.

The doctor said I need to stay off my feet for a few days to let my sprained ankle heal.

12- **Laid up in bed:** Confined to bed due to illness, injury, or recuperation from surgery. **Due to** the flu, she's been laid up in bed for the past week.

13- **Down for the count:** unable to continue due to illness, exhaustion, or injury. **I** caught a bad cold and have been down for the count all weekend.

14- **Fight off:** To resist or defend against an illness or infection, often by the body's immune system.

Despite feeling under the weather, she managed to fight off the flu with plenty of rest, vitamins and fluids.

15- **Get over:** To recover from an illness or overcome a difficult situation, slowly returning to a

state of normal health or well-being

It took him a while to get over the breakup, but he's finally ready to start dating again.

16- **The road to recovery:** the process of getting better and improving after an illness or injury **Thankfully**, my grandfather is on the road to recovery after his heart surgery.

Vocabulary Review Activities

Matching Activity: Match the words with their definitions

- | | |
|--------------------------------|---|
| 1. Get over | A- To get an illness or infection, typically a contagious one |
| 2. Swell up | B- Experiencing a sense of being unwell or not quite right |
| 3. Laid up in bed | C- To contract or get something, such as an illness or infection, from someone else |
| 4. Feeling off | D- To become sick with a sickness or disease, especially one that develops slowly |
| 5. Puke my guts out | E- To vomit, often due to illness or nausea |
| 6. Stay off your feet | F- An exaggerated expression for vomiting a lot |
| 7. Break out in (a cold sweat) | G- To suddenly begin sweating, often due to illness or intense emotions |
| 8. Pick something up | H- To become enlarged or swollen |
| 9. Catch a bug | I- To faint or lose consciousness suddenly |
| 10. Fight off | J- Extremely tired, exhausted, or depleted of energy |
| 11. Road to recovery | K- When you are advised to stop standing or walking in order to recover |
| 12. Throw up/Puke | L- Staying in bed due to illness, injury, or recovery from surgery |
| 13. Pass out | M- Unable to continue or function due to illness, exhaustion, or injury. |
| 14. Down for the count | N- To resist or defend against an illness or infection, often by the body's immune system. |
| 15. Come down with | O- To recover from an illness or overcome a difficult situation gradually, returning to a state of normal health or well-being. |
| 16. Worn out | P- When the process of healing and recovery has started, usually due to treatment |

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Answers: 1p, 2k, 3n, 4d, 5e, 6a, 7f, 8g, 9i, 10r, 11j, 12o, 13b, 14q, 15s, 16t, 17m, 18c, 19h, 20l

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Vocabulary Review Activities- GAP FILL

Catch a bug Feeling off
Pick something up Come
down with Throw up/Puke
Puke my guts out Break
out in
Swell up

Catch a bug Fight off
Road to recovery Throw up/Puke Pass out
Down for the count Come down with Worn out

1. After the roller coaster ride, he had to run to the restroom to _____
2. He's been _____ all week so he might be getting sick.
3. After donating blood, she suddenly felt dizzy and thought she was going to _____
4. After working three consecutive night shifts, she felt completely _____ and couldn't wait to go home and sleep.
5. Did she _____ a bad case of food poisoning after eating sushi from that restaurant?
6. She _____ from her classmates and had to stay home from school.
7. I drank too much alcohol at the party, which caused me to _____ all night long.
8. When he saw the police car behind him, he _____, fearing he was going to get a ticket.
9. I must have _____ this flu virus while traveling on that crowded train.
10. Due to the flu, she was _____ for a week, unable to do anything except rest and drink fluids.
11. Her ankle started to _____ immediately after she twisted it during the basketball game.
12. After the surgery, she had a long _____ before she would be back to normal again.
13. Despite feeling weak, she managed to _____ the flu with plenty of rest and homemade chicken soup.
14. She had a bad case of the flu and it took her two weeks to fully _____ it.
15. The doctor advised him to _____ for a few days after the surgery so that he could rest.
16. After battling a severe cold for days, he was finally _____ and had to call in sick to work. since he couldn't move too much.

#17- 15 Slang Words, Phrasal Verbs and Idioms for Sickness

Vocabulary Review Activities- GAP FILL Answers

Catch a bug Feeling off
Pick something up Come
down with Throw up/Puke
Puke my guts out Break
out in
Swell up

Catch a bug Fight off
Road to recovery Throw up/Puke Pass out
Down for the count Come down with Worn out

1. After the roller coaster ride, he had to run to the restroom to throw up.
2. He's been feeling off all week so he might be getting sick.
3. After donating blood, she suddenly felt dizzy and thought she was going to pass out.
4. After working three consecutive night shifts, she felt completely worn out and couldn't wait to go home and sleep.
5. Did she come down with a bad case of food poisoning after eating sushi from that restaurant?
6. She caught a bug from her classmates and had to stay home from school.
7. I drank too much alcohol at the party, which caused me to puke my guts out all night long.
8. When he saw the police car behind him, he broke out in a cold sweat, fearing he was going to get a ticket.
9. I must have picked up this flu virus while traveling on that crowded train.
10. Due to the flu, she was laid up in bed for a week, unable to do anything except rest and drink fluids.
11. Her ankle started to swell up immediately after she twisted it during the basketball game.
12. After the surgery, she had a long road to recovery before she would be back to normal again.
13. Despite feeling weak, she managed to fight off the flu with plenty of rest and homemade chicken soup.
14. She had a bad case of the flu and it took her two weeks to fully get over it.
15. The doctor advised him to stay off his feet for a few days after the surgery so that he could rest.
16. After battling a severe cold for days, he was finally down for the count and had to call in sick to work. since he couldn't move too much.

If you're feeling sick, do you know how to express that in English? On today's episode of the Real Life English with Gabby podcast, I'll be teaching you how to talk about sickness in English. Not only will I be teaching you slang, phrasal verbs, and idioms like "fight off," "catch a bug," "puke," and "queasy," but in this special episode, I'll also be teaching you some grammar too. I'm excited. Let's do this.

Hey there, welcome to the Real Life English with Gabby podcast. I'm your host, Gabby, your fun and friendly English teacher from the one and only New York City. My goal is to teach you phrasal verbs, idioms, and slang that will help you speak English confidently and understand real American conversations. Are you ready to improve your English skills? Let's jump right in.

Hi there. Welcome. I'm so glad that you're here listening to this awesome episode. I'm so ready to teach you some English. I've been wanting to create this episode for a while. Now, this is one of my favorite topics to teach in English. I've done similar videos on my YouTube channel and on Instagram and TikTok, but nothing that's focused on real life English like this episode. Today's episode is actually going to include some grammar.

I actually love grammar. It's my first love when it comes to teaching English. I love teaching grammar because it's the backbone of English. More recently, I've loved focusing on real life English, but grammar is my first love, and I teach all types of grammar every day throughout my week teaching. So I'm glad to bring it to the podcast. And if you like it, maybe I'll do a little more in the future.

Before we get into the vocabulary section of this episode, I want to focus on popular grammar mistakes that I hear all the time regarding sickness. All of my former or current students who are listening to this are going to laugh because I talk about this all the time. This is the number one mistake that I hear regarding sickness in English. So ladies and gentlemen, please, if you're sick, do not say, "I feel bad."

Oftentimes, my students will send me a message that says, "Gabby, I'm going to miss class today because I feel bad." Students use the expression "I feel bad" incorrectly. So let's fix this problem right here, right now. "I feel bad" does not mean "I feel sick." What most students do not know is that "feel bad" is used to express an emotional state. To "feel bad for someone" means to feel sorry for them or to feel sympathy for them because of a situation that they're experiencing. Here's an example: "I feel bad for my cousin because her dog died yesterday." In this example, I feel sorry; I feel sympathy for my cousin because she's going through a difficult situation. I know that this is confusing because in many languages, the word "bad" is used to describe sickness. However, in English, this is not correct.

Okay, now we cleared that up. You know, saying "I feel bad" is wrong. So how do you correctly talk about being sick in English? Let's get to that right now. I'm going to give you four options on how to correctly talk about sickness. So firstly, is to use "to be" plus "sick." This is the easiest one. "Hey teacher, I'm sick." "My brother won't be in class today; he's sick." "Did you hear the whole class is sick?" Again, "to be" plus "sick." Option number two is to use the word "feel." There are a few options. You can use the word "feel" with "sick," like "I feel sick," "I'm feeling sick, I need to go home." And then you can also use the negative form of "feel" and use it with "well," "good," or "great." "I don't feel well," "I don't feel so good," "I don't feel so great." Now, it's kind of strange because we use "good" and "well," but we don't use "bad." So I understand English is very confusing and sometimes does not make sense.

Alright, so we've got option number one, "I'm sick." Option number two, "I feel sick." Option number three is actually using idioms. One idiom that you can use is "to feel under the weather." You can send a message to your boss and say, "I won't be in today; I'm feeling under the weather." You can also say, "I'm coming down with something," or "I think I'm coming down with something." We're going to talk about this more later because it's in the story that I'm going to read you.

Okay, the last option, option number four, is just to say what you're sick with using the word "have." So if you send your boss or your teacher an email, you can say, "I'm going to be out today because I have the flu," "I have a bad cold," "I have a migraine." Now, this is something that you only use if you want to be specific.

Sometimes it's okay to just generally say that you're sick, but if you want to be specific and say exactly what you have, you're going to use the word "have" plus the sickness.

Okay, let me sum these up for you. "Hey professor, I'm sick; I'm going to miss class today." "Hey teacher, I'm feeling really sick, so I won't be in class." "Hey manager, or you know, if your manager's name is Tom, hey Tom, just letting you know that I need to stay home today because I'm coming down with something or I'm feeling under the weather." "Hey boss, just want you to know that I have COVID and I'm going to be out the rest of the week."

Before we move on, I just want to get into a small detail here for those of you who work with Americans or you are living in the USA and you don't really know American culture. You never have to go into detail. In American culture, based on the laws, we have something called HIPAA, and it's a protection law to protect our privacy. So if I have a sickness, I don't have to tell my boss. Now, typically, if it's something contagious like the flu or a stomach virus or COVID, we are supposed to inform our managers. However, you never have to give details. Sometimes if it's a long period, your job will ask you for a doctor's note. But if you're going to be out for one or two days, do not feel pressured to give details. I'll give some examples. I've had students be very detailed about what's wrong with them, and I always say, oh no, that's not necessary.

In English, we have an expression. This is one of your slang words for today and it's TMI, too much information. This is when someone tells us something that we don't want to know. For example, I once had a male student tell me that he couldn't come to class because he had very bad diarrhea. And actually, I've had a lot of students tell me very private details about their sicknesses that I think they thought I had to know, but I didn't. So I just want to say in American culture, do not give away TMI, too much information. Let's say you have something that's kind of embarrassing, like you do have diarrhea. You can just say, "I have a stomach bug," or, you know, something like that. Or for women who have their monthly period, you can just say, "I'm not feeling well, I'm having cramps," or something like that, but you don't even really need to say that. So don't ever feel like you have to be embarrassed by giving details out.

Okay, one more thing. Quickly, I want to talk about "sick" versus "ill." This is a big difference between American English and British English. Sometimes my students will send me a message and say, "Gabby, I'm ill." And I see it and I'm like, oh my gosh, they're ill. What is going on? Are you okay? Because in American English, "ill" is typically used for serious long-term illnesses like cancer, heart disease,

something that requires hospitalization, staying in the hospital, getting long-term treatment.



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something that requires hospitalization, staying in the hospital, getting long-term treatment. Just keep in mind, if you tell an American person that you're ill, they're going to think that what you have is very serious.



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Okay, now that we're done talking about the grammar side of talking about sickness, let's talk vocabulary. There's so much vocabulary with this topic. And at the end of the episode, I'm going to briefly talk about some symptoms.

So here are the 15 words and expressions that I'm going to teach you in this episode: catch a bug, feel off, pick something up, come down with something, throw up or puke, to puke my guts out, to break out in, swell up, pass out, worn out, stay off your feet, laid up in bed, down for the count, fight off, get over, and lastly, the road to recovery.

There's a lot more vocabulary that you're going to learn, but these are the focused words that I'm going to teach you in the story.

Before I read you the story, I just want you to know that there is going to be a study guide that goes along with this episode. The study guide is going to have the full transcript, it's going to have the definitions, new examples, and practice activities. To get the study guide, just go to the show notes and click on the link. If you are already on my email list, you don't need to sign up because you're going to get it automatically in your email. In fact, you should have already gotten it, so go check your email. Also, there's a new feature if you listen to this on Apple Podcasts where you can actually look at the transcript while the episode is going on.

So in your Apple app, you can click on the transcript button and it should show it to you. Alright, so let's get into the story.

Gloria was a hardworking nurse at her local hospital, and she was known for her dedication and compassion. For the past week, the hospital had been full of patients that caught a really serious bug. The patients were very sick and were in bed for four to five days while on the road to recovery. Up until that point, Gloria hadn't caught the bug, but unfortunately, it finally caught her. It all began when Gloria started to feel off during her shift. At first, she thought it was just fatigue from her long work hours. But then she started to wonder if she had picked something up from a patient. Her body started to feel hot, and it was then that she realized she was coming down with something. She began to feel weaker and weaker as the hours passed. That evening, while she was checking on a patient, Gloria suddenly felt like she was going to throw up. Rushing to the nearest restroom, she puked her guts out, leaving her feeling drained and dizzy.

She cleaned herself up, and instead of going back to being with patients, she decided to do some administrative work. But her condition continued to get worse. She wanted to go home, but the hospital was understaffed and they needed everyone because of all the sick patients. As the night went on, Gloria's symptoms got worse. She began to break out in a cold sweat, and her body started to swell up with fever.

Then she suddenly passed out on the floor. The next thing Gloria knew, she woke up in a hospital bed feeling worn out and exhausted. The doctor informed her that she had caught the same bug as the patients and would need to stay off her feet for a while to recover. For three days, Gloria was laid up in bed as her body was trying to fight off this bug. She was completely down for the count. At the hospital, they gave her soup, a lot of fluids, and told her to rest as she slowly began to get through the worst of it. She went back to work after six days; however, it took her more than two weeks to truly get over the virus and feel normal again.

This time around, the one who normally cares for others was able to be cared for herself.



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There is a lot of vocabulary to unpack here, so let's talk about it. First, we talk about patients who caught a bug. So a bug in English usually means a virus. We say stomach bug for a stomach virus. And so catch a bug is to get some kind of illness or infection, typically something that is contagious, meaning that it can go from person to person. We often use catch a bug for a cold, flu, anything like that. Next, we have the expression to feel off. Feeling off is when you experience this feeling or a sense of something not being right with your health. So you feel like you are getting sick, like you are unwell. Sometimes you can't figure out specific symptoms, but your body just feels different, and you know that you're getting sick.

Then we talk about how she says she picked something up from patients. This is when you get some kind of sickness. Usually it's an infection or illness from someone else. So if my husband is sick or if my kids are sick and then I get sick from them, I'll say I picked something up from them. Or maybe if I go to a very crowded place and the next day I feel sick, I say, "Oh, I think I picked something up." I'm sure you're thinking that "pick up" has a lot of different definitions, and it does, like if my bag falls and I pick it up. But this is one of the many definitions.

Next, we have the expression "come down with," which you actually heard earlier in the grammar section. We often say, "Ooh, I think I'm coming down with something." This is when you become sick and a sickness develops slowly. So maybe first you feel tired, then maybe your body starts to hurt, you get a headache, you get a fever. It's like slowly you get sicker and sicker, and so we say, "Oh, I'm coming down with something," I know I'm sick and it's developing slowly. I don't know what it is yet, but I know something is wrong.

The next two are kind of disgusting, but it's very important that you know these expressions. Firstly, we have "throw up" and "puke." So "throw up" is a phrasal verb and "puke" is the slang, and these are the informal ways of saying vomit. Some of you know the word "vomit." The word "vomit" is when anything in your stomach comes out forcibly through your mouth. Oftentimes it's due to illness or nausea, which we're going to talk about after this.

Now the next one is a slang expression that uses "puke": "puke my guts out." Okay, so let's break this down. "Guts" is your stomach, your intestines. So when we say, "Oh my gosh, I puked my guts out," this is a very exaggerated expression, like very dramatic, and we use it when we're vomiting a lot. So a year ago, my family got this crazy, crazy stomach bug. I have never cleaned up so much vomit in my house. So I was like, "Oh my gosh, we're puking our guts out." It's a very dramatic expression, but it means puking a lot. A lot of people use it when they're hungover, when they're drunk, they say, "Oh, I'm never drinking like that again. I puked my guts out."

Next, we have "to break out in a cold sweat." Let's break this down: "break out in" is actually a three-word phrasal verb, and it means to start something suddenly. For example, you could say, "We broke out in laughter during the comedy show." But in this case, "to break out in a cold sweat" is when you start sweating very quickly because of fear or anxiety or illness or some kind of intense emotion. If I'm at an interview or if I want to get a role as an actor, I say, "Oh my gosh, before the audition, I broke out in a cold sweat." But it's also when we're sick, like at night, maybe you're sleeping, you break out in a cold sweat.

Okay, the next one is a phrasal verb, "swell up." This is when something becomes enlarged or big. We say "swollen." Usually it's due to some kind of inflammation or liquid or fluid is underneath your skin. So if you're in a fight, someone punches you in the eye or on your face, and then your face gets bigger or swollen. We also use "swell up" actually with allergic reactions. If you eat something that you're allergic to, your tongue or your lips begin to get bigger, and we say "swell up."

Next, we have the word "pass out." This is a pretty popular one. This means to faint. So faint is when you lose consciousness suddenly. I'm so like, boom, you're like, one minute you're up, the next minute, boom, you're on the floor, and you're like, "Whoa, what just happened?" This is often due to fatigue, illness, some kind of medical condition. This actually happened to me many years ago on the New York City subway. It was really embarrassing. I had just had my blood taken for testing, and at the time I was anemic, low iron. I didn't know it. And so after I got my blood taken, I went, I got on the subway, and I started to feel really hot, and then boom, on the floor. I opened my eyes, and everyone's around me, they let me have their seat. Someone gave me food to start eating. It was really funny. I mean, really embarrassing. It was really embarrassing. But I was thankful that everyone helped me.

Okay, next we have another phrasal verb: "wear out." "Wear out" means to become exhausted, to become tired. Like, "I'm so tired, I'm worn out." It's like, "I'm so tired that I can't keep doing whatever it is that I'm doing." So maybe you're going to work every day, you're working ten hours, and then on the weekend, you're cleaning your whole house, you're running errands, you're taking care of your family, you're working on your personal projects. After all that, you're like, "Oh, I'm worn out. I'm so tired."

Next, we have "stay off your feet." This is when you rest, when you relax, when you don't walk or stand. So maybe if you hurt your foot, or if you're pregnant, or if you have a long day at work, you're on your feet all day, you're like, "Oh, I can't wait to go home and just stay off my feet."

Next, we have "laid up in bed." "Laid up" is another way of saying "staying in bed," and we say this when you're sick or injured, and so you can't go anywhere. You're just in bed all day long.

Next, we have "down for the count." This is actually a sports expression, and it comes from boxing. It means when someone is knocked down and can't get up before the referee counts to ten, they're out of the game. They lost. But we use this expression for sickness when someone is really sick, and they can't do anything, they can't go anywhere, they're just in bed. So you're like, "Oh, I can't even walk; I'm down for the count."

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Next, we have "get over." "Get over" means to recover from something, like to recover from an illness, to recover from a heartbreak, to recover from something that's traumatic. So when you're sick, you're like, "Oh, I just want to get over this cold. I want to get over this flu."

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Then we have get over. Get over has a lot of different meanings. But in this context, it's to recover or get better from an illness. We can also use it from difficult situations. We can also use it for getting through. A difficult situation slowly. So get over means returning to a normal state. If you had someone in your family die. Or if you had a really bad , end or breakup to your relationship, you would also use get over. But in this case, it's for your physical wellbeing.

And lastly we have. The road. To recovery. The road to recovery is an expression we use when someone has started to get better, but it's going to take a long time. So if someone had surgery, for example, They're on the road to recovery, or maybe if someone has a serious illness and they're getting treatment for it. Then you would say they're on the road to recovery.

All right. .

So those were the 16 words and expressions that I taught you through this story. But before the episode is over, I want to go through some of the symptom, some of the symptoms. That you heard me say in today's episode. Especially in the story. You heard me say the word fever. Okay. Fever is when your body temperature. Goes over a certain point.

If you use Fahrenheit. It is a hundred. Point four. But for those of you who use Celsius it's if your temperature goes above 38 Celsius.

I also use the word fatigue. Fatigue is extreme. Tiredness. Like your body has very little energy. I also said that she was dizzy. Dizzy is when you feel like the world is spinning, but you are standing still. I also use the word nausea. Nausea is when you feel like you need to throw up, you feel like. We say a pit in your stomach, you feel your stomach. Hurts. But you feel like you need. To throw up. I also use the two words, headache and migraine headache is when your head hurts. And a migraine is an extreme headache. It's really bad. A lot of times you cannot function.

In the study guide, I'm actually going to have a lot more symptoms explained. So that when you go to the doctor, you can tell them exactly what the problem is. So make sure to grab the study guide in the show notes. Well, thank you so much for sticking with me for today's episode. I know it's longer than usual.

This episode is so packed with stuff. So. Listen to this episode again, do the practice activities. And then guess what? You're ready to talk about sickness in English. If you want some more content like this in video form, I'm also going to link the YouTube video where I talk about this same topic. So head to the show notes. And go watch that content.

Well, that's a wrap for today's episode. Be sure to download today's study guide so that you can learn how to use this vocabulary confidently.

Thanks so much for tuning in.