

Vocabulary: illness 词汇: 疾病

Have you ever woken up with a **sore throat** and **blocked nose** and wondered if you should take the day off work? Some of us just **soldier on**, hoping the office environment and banter with work colleagues will **perk us up**. Others will make a hot drink, return to bed and have a '**duvet day**'. But what is the right approach to take?

People's attitude to illness and when to take time off work varies. Reasons for having a sick day range from a light **sniffle** to feeling **at death's door**. And when you have no genuine excuse but just can't face going into work, it might be time to take a **sickie**. A survey of British workers by YouGov found 15% of workers who admitted making up an illness to get a day off used a **migraine** as their excuse. But what about a **common cold** – is having one a genuine enough reason for missing work?

This is something Ian Shoemith explored for the BBC. He looked into "the murky moral maze" that brought together employment law, ethics and **public health**. He spoke to Rachel Suff, senior policy adviser at the Chartered Institute of Personnel and Development, who said "If you are really not well and your **symptoms** mean you are not going to be productive, it's better to go off sick. You're also not spreading your **germs** around the workplace." But Ian also found that **catching a cold** from someone could help build up your **immune system** and be good for long-term health. However it can depend on what type of cold it is.

Of course, deciding whether to take time off to **recuperate** from a cold may depend on where you work. Hayley Johnson, an employment lawyer at Slater and Gordon, told the BBC that sometimes members of staff feel obliged to work when they are sick "because they fear the mountain of work will just keep piling up" for when they return. But if an employee is feeling **under the weather** but well enough to work, a solution could be to work from home.

As a **cure** for a common cold is still a long way off, having this **lurgy** as an excuse for a day off work is **not to be sneezed at!**

词汇表

a sore throat	嗓子疼
blocked nose	鼻塞
soldier on	坚持干活
perk somebody up	使某人精神振作
duvet day	休假日
sniffle	流鼻涕, 吸鼻子
at death's door	病入膏肓
sickie	假病假, 称病缺勤
migraine	偏头疼
common cold	感冒
public health	公共卫生
symptom	症状
germ	病菌
catch a cold	患感冒
immune system	免疫系统
recuperate	恢复, 康复
under the weather	生病
cure	治疗方法
lurgy	小病
not to be sneezed at	不可轻视的

测验与练习

1. 阅读课文并回答问题。

1. Where do you think you might spend a 'duvet day'?
2. According to one survey, which illness is most used as an excuse for taking a sickie?
3. True or false? *According to Rachel Suff, staying off work when you have a cold makes you more productive.*
4. What might the fear of work piling up force some workers to do?
5. Why might we be taking time with a cold for some time to come?

2. 选择意思恰当的单词或词组来完成下列句子。

1. Sorry, I can't meet for lunch. I need to _____ and get all my work done.

perk you up	recuperate	soldier on	sniffle on
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2. My _____ include a high fever and vomiting, so it can't just be a cold.

symptoms	immune system	sickie	germs
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3. You're so lucky! Free tickets to see that band performing are _____.

worth sneezing	to be sneezed at	to sneezed	not to be sneezed at
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4. To prevent spreading your _____, please put your tissues in the bin and wash your hands!

germs	migraine	cure	sniffle
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5. Jimmy was unable to play football on Saturday because he felt _____.

under the weather	symptoms	lurgy	under weathers
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答案

1. 阅读课文并回答问题。

1. Where do you think you might spend a 'duvet day'?

A 'duvet day' implies you are spending the day off work in bed!

2. According to one survey, which illness is most used as an excuse for taking a sickie?

A survey of British workers by YouGov found 15% of workers who admitted making up an illness to get a day off used having a migraine as their excuse.

3. True or false? *According to Rachel Suff, staying off work when you have a cold makes you more productive.*

False. Rachel Suff, senior policy adviser at the Chartered Institute of Personnel and Development, said "If you are really not well and your symptoms mean you are *not* going to be productive, it's better to go off sick."

4. What might the fear of work piling up force some workers to do?

The fear of work piling up sometimes makes members of staff feel obliged to work.

5. Why might we be taking time with a cold for some time to come?

Because a cure for the common cold is long way off.

2. 选择意思恰当的单词或词组来完成下列句子。

1. Sorry, I can't meet for lunch. I need to **soldier on** and get all my work done.

2. My **symptoms** include a high fever and vomiting, so it can't just be a cold.

3. You're so lucky! Free tickets to see that band performing are **not to be sneezed at**.

4. To prevent spreading your **germs**, please put your tissues in the bin and wash your hands!

5. Jimmy was unable to play football on Saturday because he felt **under the weather**.