

Reading for Information: Health & Safety

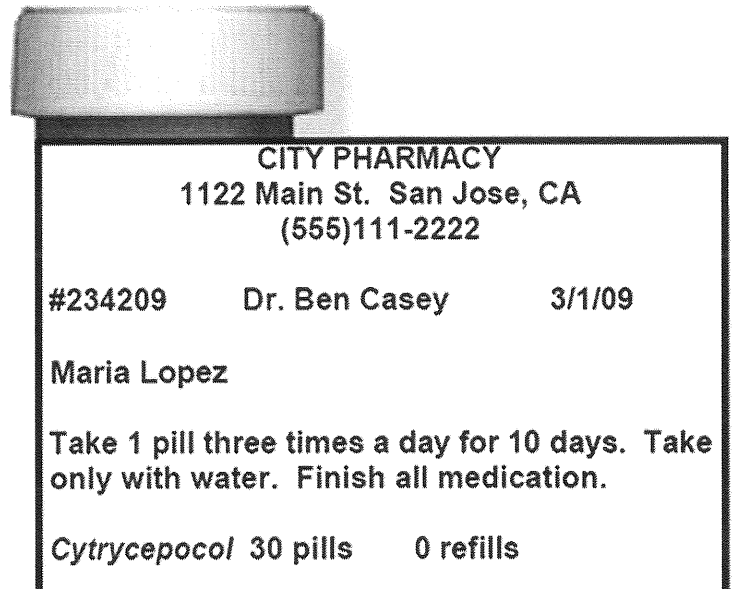
Who is this prescription for?

How many pills should she take each day?

How many pills are in this bottle?

What city is the pharmacy in?

Can she take this medicine with food?



CITY PHARMACY
1122 Main St. San Jose, CA
(555)111-2222

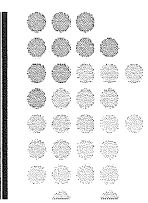
#234209 Dr. Ben Casey 3/1/09

Maria Lopez

Take 1 pill three times a day for 10 days. Take only with water. Finish all medication.

Cytrycepocol 30 pills 0 refills

SEMINOLE COMMUNITY COLLEGE

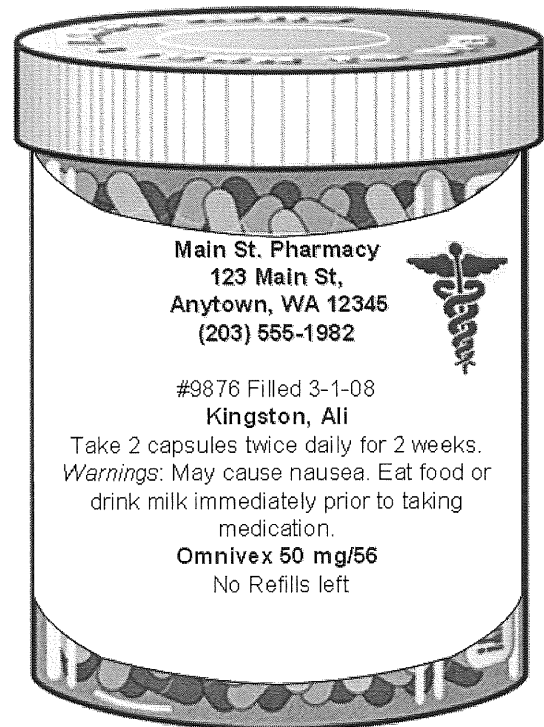


9. How many pills a day does Ali need to take?

- | | |
|---------|-------------|
| A. two | C. fifty |
| B. four | D. fourteen |

10. What should Ali do to avoid an upset stomach?

- | | |
|--|---|
| A. Eat or drink something before taking the medication | C. Make sure to take all medication |
| B. Call the doctor for a refill | D. Eat or drink something after taking the medication |

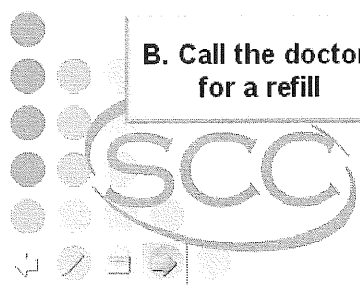


Main St. Pharmacy
123 Main St,
Anytown, WA 12345
(203) 555-1982

#9876 Filled 3-1-08
Kingston, Ali

Take 2 capsules twice daily for 2 weeks.
Warnings: May cause nausea. Eat food or drink milk immediately prior to taking medication.

Omnivex 50 mg/56
No Refills left



Aspirin

For relief of minor aches and pains, and
to reduce fever and swelling.

Count: 200

Dosage: 1 pill every
6 hours up to 3 per day.

Warning: Not to be used by
children under 12 yrs. old
(see back side for more info.)

Who should not take aspirin? _____

What is the most you could take in one day? _____

How many pills are in this bottle of aspirin? _____

Medical History

Please answer these questions about yourself before seeing the doctor:

1. Have you ever been hospitalized, had major operations, or had a serious illness?

If yes, explain:

2. Have you had any allergic reactions to drugs?

If yes, please list:

3. Are you under any medical treatment now?

4. Has there been a change in your health in the past year?

5. Is there a history of heart problems in your family?

6. Are you pregnant?

7. Are you now taking drugs or medications?

If so, please list:

8. What is the reason for your visit today?

19. Where should you write
why you are at the doctor's?

A. Line 8

C. Line 3

B. Line 1

D. Line 7

20. This form is about:

A. Choosing
a doctor

C. Your health
background

B. Your doctor's
history

D. Your health
insurance

FREMONT HEALTH CLINIC 5542 Stevenson Blvd, Fremont, CA, 94538 510.555.3349

Lopez	Maria	F	2/2/80	000-00-0000
Last Name	First Name	Sex	Date Of Birth	Social Security Number
1111 Main Street	San Jose	CA	94333	408-555-2222
Address	City	State	Zip	Home Phone Number
Mexico	Cashier	408-222-1111		N/A
Place of Birth	Job Title	Work Phone Number	Cell Phone Number	
David Lopez	Spouse		408-555-0099	
Emergency Contact 1	Relationship	Phone Number		
Dr. Sara Chen	408-555-0055			
Family Doctor	Phone Number			

PERSONAL HEALTH HISTORY

Have you ever had, or do you have any of the following? Please check Yes or No.

	Y	N		Y	N
1. Chicken pox		<input checked="" type="checkbox"/>	10. Chest Pain		<input checked="" type="checkbox"/>
2. Measles		<input checked="" type="checkbox"/>	11. Heart Attack		<input checked="" type="checkbox"/>
3. Mumps		<input checked="" type="checkbox"/>	12. High Blood Pressure		<input checked="" type="checkbox"/>
4. Eye Problems		<input checked="" type="checkbox"/>	13. Stroke		<input checked="" type="checkbox"/>
5. Hearing Problems		<input checked="" type="checkbox"/>	14. Diabetes		<input checked="" type="checkbox"/>
6. Chronic Cough		<input checked="" type="checkbox"/>	15. Dizziness or Fainting		<input checked="" type="checkbox"/>
7. Asthma		<input checked="" type="checkbox"/>	16. Cancer		<input checked="" type="checkbox"/>
8. Lung Problems		<input checked="" type="checkbox"/>	17. Headaches		<input checked="" type="checkbox"/>
9. Tuberculosis		<input checked="" type="checkbox"/>	18. Depression		<input checked="" type="checkbox"/>


22. Who should the clinic call in case of an emergency?

- A. Maria's mother
- B. Maria's son
- C. Maria's father
- D. Maria's husband

23. Why did Maria fill out this form?

- A. to buy health insurance
- B. to cancel a medical appointment
- C. to get a job
- D. to write down health information for the health clinic

Directions: Refer to the soda bottle label to answer the next two questions.

	Nutrition Facts		Standard Serving
	Serving Size		8 fl oz (240 mL)
	Servings Per Container		2.5
	Amount Per Serving		% DV*
	Calories		100
	Total Fat	0g	0%
	Sodium	45mg	2%
	Total Carbohydrate	26g	9%
	Sugars	26g	
	Protein	0g	

5. How many servings are in this bottle of soda?

- A. 2.5
- B. 8
- C. 45
- D. 100

6. How many calories are in one serving of this bottle of soda?

- A. 8
- B. 26
- C. 45
- D. 100

Omar, his wife, and his daughter arrived home about 10:00pm after seeing a movie on Saturday night. They immediately notice that their back door was open and the door and lock were damaged and broken. Omar dialed 911. The operator advised them to remain outside in their car until a police officer arrived. A squad car pulled up in front of their house about 6 minutes later. An officer got out and checked in with Omar, while another car pulled up. Two officers from that car went in the house to make sure it was safe.

The first officer was very calm. She introduced herself as Officer Hesse and told Omar there was break in on the next block the night before and another one last week. The police officers stayed for about 30 minutes, and asked Omar and his family to look through the house to see if anything was stolen. After looking through the house, they discovered they were missing a violin, which was worth about \$500, about \$100 in cash, and two iPad tablets, worth about \$400 each. Other than that, it didn't seem like anything else was missing. The police officer gave Omar his contact information card and the police report number. He advised them to try to fix the door tonight, or find another safe place to sleep for the night. He also told Omar to call is house insurance company right away in the morning.

What was the total value of Omar's losses from theft? _____

How did Omar contact the police? _____

What was damaged? _____

What did the police officer give Omar? _____

What did the operator advise Omar and his family to do? Why? _____

Why do you think Omar should call his house insurance company? _____

Have there been any other crimes in their neighborhood recently?	Yes	No	
The 1 st police officer to arrive was a woman.	True	False	
Four police officers arrived at Omar's house.	True	False	
The thief took their credit cards.	True	False	
Omar and his family slept at their house that night.	True	False	I don't know.

Reading

Read. What is the correct answer: A, B, C, or D?

Medical History Form

Please write all information clearly.

Last name: Gomez First name: Alicia

Date of birth 07/05/65

Health insurance company: ITT Health Group number: 777-888-0303

At present, are you under the care of a physician for any condition? yes no

Name of doctor: Dr. L. H. Randall Reason: high cholesterol

List all medications you are taking at present. fluvastatin

List all allergies to medications. penicillin

List all other allergies. wheat and dairy

Have you ever received treatment for a mental condition? yes no

Please explain. Last year I was treated for depression. I took escitalopram.

8. Which medicine does Alicia take now?

- A. fluvastatin
- B. penicillin
- C. escitalopram
- D. none

9. Why is Alicia receiving medical treatment now?

- A. She has high cholesterol.
- B. She has allergies.
- C. She is depressed.
- D. She isn't receiving medical treatment now.

Lan works a lot. A few weeks ago, she started to feel sick. She felt extremely tired and nauseous, and she didn't have any appetite. So she decided to see a doctor.

She went to a local health clinic, and she told the doctor there about her symptoms. The doctor asked Lan about her lifestyle, including her job, her diet, her sleep habits, and things she did for fun.

The doctor didn't give Lan any medicine, but he gave her some instructions. He said the stress in Lan's life was making her sick. The doctor said Lan needed to exercise more, relax, and make time for fun activities. He said these things would help reduce Lan's stress and make her feel better.

The doctor also gave Lan some information on healthy eating. He said that the ingredients in the processed foods she was eating could be making her symptoms worse. He said that she should eat more fresh fruit and vegetables and avoid processed foods.

10. What is one of the reasons that Lan went to the doctor?

- A. She was vomiting.
- B. She didn't feel hungry or want to eat anything.
- C. She wanted to relax.
- D. She needed a refill of her prescription.

11. What did the doctor tell Lan to do?

- A. sleep more
- B. set personal goals
- C. take medicine
- D. exercise

12. What was one of the doctor's recommendations?

- A. making more time for work
- B. going to a health clinic
- C. not working for a few weeks
- D. eating more vegetables

Many kinds of bacteria can live in raw meat and poultry. These bacteria can cause food poisoning and other illnesses. Because of this, you should be sure that no raw meat or poultry touches any other foods in your refrigerator or during food preparation. Always wash well any knives, cutting boards, or plates that have touched raw meat or poultry before using them again with other foods.

High temperatures can destroy most of the bacteria in raw foods. Whether you bake, broil, or use any other cooking method, make sure that the food gets hot enough to kill the bacteria. You can use the temperature guide below.

beef (except hamburger) veal lamb	Cook to at least 145°F.
hamburger pork food that contains eggs	Cook to at least 160°F.
all poultry	Cook to at least 165°F.

13. What is the purpose of this information?

- A. to explain why bacteria in food can make people sick
- B. to teach how to cut raw meat and poultry
- C. to give some information about safe food preparation
- D. to compare different cooking methods for meat and poultry

14. Which of the following is true?

- A. You shouldn't keep raw meat or poultry in your refrigerator.
- B. You can make meat safe to eat by cooking it to specific temperatures.
- C. You can only be sure that meat is safe to eat if you bake it.
- D. You should cook chicken to 160° F to kill any bacteria in it.

Public Health Clinic

Services include:

- general and preventative health care
- immunizations
- gynecological care
- family planning and prenatal care
- pediatric services
- dental care
- mental health care, including substance abuse treatment

By appointment only.

Sliding scale fees.

Student and hardship discounts available.

Women and Children's Clinic

- gynecological care •
- family planning and prenatal care •
- pediatric care •

Quality health care at a low cost.

No appointment necessary.

15. Which clinic can help couples plan and control the number of children they have?

- A. only the Public Health Clinic
- B. only the Women and Children's Clinic
- C. both clinics
- D. neither clinic

16. Which clinic offers services to people with a drug or alcohol problem?

- A. only the Public Health Clinic
- B. only the Women and Children's Clinic
- C. both clinics
- D. neither clinic