

A Symptoms

These speakers all describe health problems using phrasal verbs or in the case of *blocked-up*, an adjective based on a phrasal verb.

I keep throwing up¹.

I'm fighting off⁴
a sore throat.

My ankle has
swollen up⁷.

I think I'm coming
down with² flu.

I've put my
shoulder out⁵.

My nose is blocked-up⁸.

Sam's going
down with³ flu too.

I can't shake
off⁶ this cold.

I've passed out⁹ a
couple of times recently.

¹ (informal) vomiting

² becoming ill, usually with a disease that is not very serious, e.g. flu, a cold

³ (informal) see note 2

⁴ trying hard to get rid of

⁵ dislocated or injured by making a bone move from its usual place

⁶ get rid of

⁷ become larger or rounder than usual

⁸ (adjective) filled so that you are unable to breathe normally

⁹ become unconscious; fainted

B One medical story

Maggie has had a hard time recently. Firstly, her sister **broke down**¹ after her divorce and was sick for several months. Maggie was still **caring for**² her when her brother was hit on the head by a tile that fell from a roof. He was unconscious for a couple of days. Fortunately, he **pulled through**³ and has now more or less fully recovered although he does seem to have **slowed down**⁴ a lot. No sooner were they both better than their grandfather **passed away**⁵ and then just a few weeks later their grandmother **passed on**⁶ too.

¹ became mentally or physically ill because of an unpleasant experience

² looking after someone who is too ill, too young, or old to look after themselves

³ recovered from a serious illness

⁴ become less physically active than before

⁵ died

⁶ died

TIP

Try to learn phrasal verbs in chunks or longer phrases, e.g. *I'm coming down with flu; She's fighting off a cold; My nose is blocked-up.*

Exercises

56.1 Complete this text, using particles from A.

I feel as if I'm coming (1) with flu. I'm fighting (2) a sore throat and my nose is constantly blocked-..... (3). My glands have swollen (4) and, if I try to eat anything, I feel as if I'm going to throw (5). I wish I could shake it (6) as I have so much work to do. I can't afford to be absent.

56.2 Rewrite the underlined parts of these sentences, using a phrasal verb from the opposite page.

- 1 I've had a sore throat for a week now – I just can't get rid of it.
- 2 Meg hadn't eaten anything for 48 hours and so it wasn't surprising that she fainted in the middle of her gym lesson.
- 3 The doctors were afraid that the old man wouldn't survive the attack of pneumonia, but amazingly he recovered and was soon on his feet again.
- 4 I think I'm just about to get a cold – I feel a bit shivery.
- 5 My thumb became bigger after I accidentally hit it with a hammer.
- 6 The sea was so rough that many people were vomiting over the side of the ship.
- 7 People usually write letters of condolence to the relatives of someone who has died.
- 8 The old lady is in great pain because she has dislocated her hip.
- 9 After the operation, her sister nursed her until she was completely recovered.
- 10 How do you think you contracted chicken pox?

56.3 Match the beginning of each sentence with its ending.

- | | |
|---------------------------------|-------------------------------|
| 1 Jim's uncle passed | for her elderly mother. |
| 2 Sonya is fighting | down a bit as they get older. |
| 3 Rita is kept very busy caring | down with flu. |
| 4 Mary's ankles swelled | off a bout of flu. |
| 5 Most people usually slow | up during the long flight. |
| 6 I think Joe is going | away last year. |

56.4 Complete these sentences in any way that makes sense.

- 1 When her great-aunt passed away Mary felt very
- 2 Jack broke down when
- 3 The last time I threw up was
- 4 You can get a blocked-up nose if
- 5 Kate's finger swelled up after
- 6 The best way to fight off a cold is to

FOLLOW UP

Look at a health advice page of an English language newspaper or magazine. Write down any phrasal verbs that you find there. Write them down in sentences to help you remember them.