



PRUEBA DE ACCESO A CICLOS FORMATIVOS

HEZIKETA ZIKLOETARA SARTZEKO PROBA

JUNIO 2013 / 2013KO EKAINA

GOI MAILAKO ZIKLOAK / CICLOS DE GRADO SUPERIOR

ARLO ESPEZIFIKOA / PARTE ESPECÍFICA

**IDIOMA EXTRANJERO
ATZERRIKO HIZKUNTZA**

(INGLÉS)

**Abizenak
Apellidos**

**Izena
Nombre**

**N.A.N.
D.N.I.**

**IKASLEAREN SINADURA
Firma del alumno/a**

WHAT TO PACK IN YOUR TRAVEL HEALTH KIT



The Centers for Disease Control and Prevention (CDC) recommends that international travelers put together a health kit for their trips, but domestic and regional travelers should have one, too.

“Take what you think you’d use, the stuff you keep in your medicine cabinet,” advises Gary Brunette, branch chief of travelers’ health for the CDC. “You don’t have to be thinking about exotic medications or exotic items. It’s the kind of stuff you know you’ll be using.”

Especially if you’re going abroad, don’t assume that you can or would want to buy your medications, particularly prescriptions, once you reach your destination. In certain parts of the world, the odds of being given a counterfeit drug may be higher than 30 percent, according to the CDC’s Yellow Book. It’s also important that travelers take drugs in their original packaging for ease of identification, Brunette says.

If you don’t feel like assembling your own kit, commercial kits are an acceptable alternative. You may need to swap out some of the items to fit your own needs, though.

Just remember to keep the kit in your carry-on luggage. Look for toiletry kits that come with detachable bags.

Travelling to foreign destinations where water quality and diseases such as malaria are a concern requires some extra planning and supplies. For those kinds of trips, you should consult resources such as the Yellow Book and your doctor. To get you started, here are the basic essentials that should be in your travel kit no matter where you’re going.

Pain or fever medication. One or more of your preferred formulation of, aspirin or ibuprofen.



Remedies for stomach upset or diarrhea. Many swear by pink Pepto-Bismol (bismuth subsalicylate). Others to consider are loperamide (Imodium), laxatives and antacids.

Antihistamines. Key if you suffer from seasonal allergies. Benadryl is great but can also make you drowsy (which might be a plus in some instances). Claritin is available over the counter. Decongestants can be useful, too. Some, such as the pseudoephedrine-based Sudafed, may require a few extra steps at the pharmacist's counter because of laws limiting the amount each person can buy.

Anti-motion sickness medication. Good for car or boat rides.

Prescription medications. Try to have as close to a full supply as you can. Leave them in their original containers.

Adhesive bandages. Pack multiple sizes, preferably with some gauze and cleansing wipes.

Anti-itch gel or cream. Hydrocortisone is a common option and good for treating insect bites and mild skin irritations.

Digital thermometer. Especially with kids, a fever can make the difference between inconvenience and illness.

Sunscreen. Really, you shouldn't even be leaving your house without some sun protection. CDC recommends an SPF of at least 15.

Facial tissue. Small travel-size packs are handy and ideal for a multitude of uses.

Hand sanitizer. Should contain at least 60 percent alcohol.

Antibiotic ointment.

Best-known brand is Neosporin.

Be aware that it's a common allergen.

Adapted from [The Washington Post](#) (18-01-13)



1. ANSWER THE FOLLOWING QUESTIONS. (4/each=8 points)

1. Why is it advisable to take your medicines with you when you travel abroad?

2. When should we take extra planning and supplies?

2. SAY WHETHER THE FOLLOWING SENTENCES ARE TRUE OR FALSE. IF THEY ARE FALSE CORRECT THEM. (2/each=4 points)

1. Health kits are only necessary when travelling abroad

2. According to the CDC, the medications we are to take when travelling should be different from the ones we use in our everyday life

3. COMPLETE THE CHART WITH INFORMATION FROM THE TEXT.

(2/each= 12 points)

Situation	Suitable medication you should take
<i>You take a boat and you feel sick</i>	
<i>Device that measures temperature</i>	
<i>The sun is shining and you need some protection for your skin</i>	
<i>A mosquito bites you</i>	
<i>You need to clean your hands throughout</i>	
<i>You have a high temperature</i>	

4. FIND SYNONYMS OF THE FOLLOWING WORDS IN THE TEXT.

(2/each=16 points)

1. TAKE FOR GRANTED:

2. CHANCES:

3. FAKE:

4. WANT:

5. SATISFACTORY:

6. WORRY (NOUN):

7. INVOLVES:

8. RESTRICTING:



**5. WRITING: YOU ARE TRAVELLING TO AN EXOTIC COUNTRY AND YOU WRITE AN E-MAIL TO THE TRAVEL AGENT IN ORDER TO ASK HIM/HER ABOUT THE MEDICATIONS YOU SHOULD TAKE WITH YOU. (80 words)
(10 points)**

✉ **Untitled - Message (Rich Text)**

File Edit View Insert Format Tools Actions Help

Send Save Cut Copy Paste Attach Print Options... Arial

To:

Cc:

Subject: