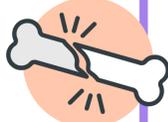




Je suis... (I am...)
 malade (ill, sick)
 sain(e) (healthy)
 faible (weak)
 fort(e) (strong)
 mort(e) (dead)
 fatigué(e) (tired)
 stressé(e) (stressed)



j'ai froid (I'm cold - temp)
 j'ai chaud (I'm hot)
 le rhume (cold - illness)
 la fièvre (fever)
 la grippe (the flu)
 la toux (cough)
 le stress (stress)
 en bonne santé (in good health)
 en mauvaise santé (in bad health)



The structure "J'ai mal à" literally means 'I have ache in...' but is used to say '... hurts'. It is followed by a part of the body, and **the preposition "à"** changes depending on the gender of the noun.

À + LE → AU
 au bras (arm)
 au genou (knee)
 au ventre (tummy)
 au dos (back)
 au pied (foot)
 au doigt (finger)
 au genou (knee)

À + LA → À LA
 à la tête (head)
 à la gorge (throat)
 à la jambe (leg)

À + LES → AUX
 aux oreilles (ears)
 aux dents (teeth)
 aux yeux (eyes)

e.g.

J'ai mal **au** ventre = My tummy hurts OR I have a tummy ache
 J'ai mal **à la** tête = My head hurts OR I have a headache
 J'ai mal **aux** dents = My teeth hurt OR I have toothache

NOTE: J'ai mal **à l'**estomac (I have a stomach ache). Even though 'estomac' is masculine, because it starts with a vowel, we use **à l'**

la santé (health)
 le médicament (medicine)
 la maladie (illness)
 le régime (diet)
 mental(e) (mental)
 dangereux/-euse (dangerous)
 la mort (death)
 un accident (accident)
 la douleur (pain)
 le cancer (cancer)
 la souffrance (suffering)



blesser (to hurt/injure)
 se blesser (to hurt oneself)
 souffrir (to suffer)
 tuer (to kill)
 éviter (to avoid)
 réduire (to reduce)
 tomber malade (to fall ill)
 se reposer (to rest)
 garder (to look after)



2.5 - ILLNESSES & INJURIES

QUE FAIS-TU QUAND TU ES MALADE?



Grammaire - Modal verbs

Modal verbs are used to give advice, say what you must/can/want to do, and express preferences. They are followed by an **infinitive** (to eat, to drink, to order).
 e.g. je **dois** manger sainement.

When giving advice using these modal verbs we often use the conditional tense.

DEVOIR (must/have to)

Je dois = I have to
 Tu dois = you have to
 Il/elle/on doit = he/she/one has to
 Nous devons = we have to
 Vous devez = you all have to
 Ils/elles doivent = they have to

POUVOIR (in conditional tense)

je pourrais = I could
 tu pourrais = you could
 il/elle/on pourrait = he/she/on could
 nous pourrions = we could
 vous pourriez = you all could
 ils/elles pourraient = they could

DEVOIR (in conditional tense)

je devrais = I should
 tu devrais = you should
 il/elle/on devrait = he/she/one should
 nous devrions = we should
 vous devriez = you all should
 ils/elles devraient = they should

Tu devrais (You should)

Tu pourrais (You could)

Il vaut la peine (It's worth)



infinitive verb

Tu devrais faire plus d'exercice (You should do more exercise)
 Tu pourrais demander conseil (You could ask for advice)

In French, the subject 'on' is very commonly used, especially when giving advice.

It can be translated as 'you' (in an impersonal sense), or sometimes as 'we'

(e.g. **on** devrait dormir plus tôt = **you** OR **we** should sleep earlier)

Structure for giving advice:



je prends un comprimé (I take a tablet)
 je vais à la pharmacie (I go to the chemist)
 je consulte un médecin (I see a doctor)
 on me donne une ordonnance (I'm given a prescription)
 je prends des antibiotiques (I take antibiotics)



je prends des médicaments (I take medicine)
 je fais attention à ma santé (I look after my health)
 je réduis le stress (I reduce stress)
 je reste à la maison (I stay at home)
 j'essaie de me reposer (I try to rest)
 je dors beaucoup (I sleep a lot)
 je bois de l'eau (I drink water)



Quand je suis malade...

il vaut mieux rester chez moi (it's better to stay at home)
 il vaut la peine de se reposer (it's worth resting)
 j'ai une jambe cassée (I have a broken leg)
 je me suis cassé(e) la jambe (I broke my leg)
 je me suis foulé(e) la cheville (I sprained my ankle)
 je vais aux urgences (I go to A+E)



j'ai de la fièvre (I have a fever)
 j'ai un rhume (I have a cold)
 j'ai une infection (I have an infection)
 j'ai des douleurs (I have aches and pains)

