



[HOT Soal Uas Bahasa Lampung Smp Kelas 9](#)



ACTIVITY 3: SUMMARY WRITING

Before you reach out for those antibiotics, know what you're putting into your body. Read the passage below and list SEVEN points on how to take antibiotics safely.

INSTRUCTIONS:

1. List SEVEN points in full sentences, using not more than 70 words.
2. Your summary must be written in point form.
3. Number your sentences from 1 to 7.
4. Write only ONE point per sentence.
5. Use your OWN words as far as possible.
6. Indicate the total number of words you have used in brackets at the end of your summary

HOW TO TAKE ANTIBIOTICS SAFELY

Whether it's in the middle of winter or the peak of summer, we all get sick at some point with the common cold, a bad bout of flu or a chest infection. We then go to the doctor and often come away with a prescription for antibiotics. But can this go-to medication cause havoc on our already compromised immune system? According to Cape Town paediatrician, Dr Kathy Krige, antibiotics should be used wisely and only when necessary.

When you visit the doctor make sure you ask whether your illness is brought on by a viral or bacterial infection. If it's a viral infection, ask how it can be treated without using antibiotics. It is important to stick to the prescribed dosage and take the medication at the set times as instructed by your doctor or pharmacist. Doing so will help you get well sooner and prevent drug resistance.

Many people stop using their prescribed antibiotics once they start feeling better. This will promote drug resistance, as the germs are not dead. Instead they then adapt and multiply- causing you to become ill again. Once you feel a sniffle or scratchy throat coming on it's easy to just take a few pills for good measure, but that should be avoided. Long-term use of antibiotics might cause thrush or diarrhoea or resistance to bacterial organisms, Explains Dr Krige.

It's important to note any side effects such as diarrhoea, vomiting and extreme nausea. An allergic reaction might be life-threatening. If you have facial swelling and difficulty breathing, please get to an emergency ward immediately.

With the increase in the cost of medication, one can easily fall into a trap of using antibiotics leftover from a previous diagnosis to save money. This is a major no-no because each antibiotic treats a different strain of bacteria, and without seeing a doctor you won't know which strain you have been infected with. It is important to avoid giving children antibiotics as it will hinder their body's natural defences.

Adapted from: *Drum*, August 2015



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