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plain  
language

# thesaurus

for Health Communications

NATIONAL CENTER FOR HEALTH MARKETING



## Plain Language Thesaurus For Health Communications

This *Plain Language Thesaurus* has been put together by the Centers for Disease Control and Prevention's National Center for Health Marketing. Our aim is to help make health information clear and easy to understand.

This thesaurus offers plain language equivalents to medical terms, phrases, and references that we often use. The technical terms found in health information can be confusing. This thesaurus is a tool to help you find words that people may understand better.

While the plain language choices given here may not have the specific nuances of meaning that technical terms have, they offer the possibility for better understanding by your audience. With plain language equivalents, it is more important to be understood than to be medically precise.

Precise medical terminology is vital when communicating to those with a technical background. But the public often stumbles over such terms and misunderstands their meaning. This is especially a concern for people who do not speak English as their first language and those without strong reading skills. Reaching your audience—on their terms—is the main goal of plain language.

This is a living document. It is intended to be refined and to grow as more health communicators and experts add words, topics, health conditions, and synonyms. We have started the process of building this tool by defining the scope, format, and broad categories of terms to be included. Excellent existing resources and glossaries from CDC, HHS, and universities were reviewed for terms and subject areas. Key sources included

- [www.pandemicflu.gov](http://www.pandemicflu.gov) glossary
- *CDC Community Strategy for Pandemic Influenza Mitigation* glossary
- *National Immunization Program Glossary*  
<http://www.cdc.gov/vaccines/about/terms/glossary.htm>
- *Simple Words and Phrases* thesaurus at [plainlanguage.gov](http://plainlanguage.gov)
- *Clear Language and Design (CLAD)* thesaurus  
<http://www.eastendliteracy.on.ca/ClearLanguageAndDesign/thesaurus/>
- Harvard's three *Plain Language Glossaries* (one for asthma, lupus, and arthritis).

The foundation for the terms in this initial edition was formed when preparing information for the public health threats of an influenza pandemic. We have also included other categories of disease and health conditions to provide a tool that can be referenced to make any health topic more easily understandable.

We invite you to suggest additional terms, plain language synonyms, and topics to be added in future editions. For more information, please contact Sarah Gregory at CDC by email at [ssg7@CDC.GOV](mailto:ssg7@CDC.GOV).



## A

<b>abdomen</b>	stomach, stomach area, belly, tummy
<b>ability</b>	skill
<b>abolish</b>	end, do away with, get rid of
<b>abrasion</b>	cut, scratch, scrape
<b>absenteeism</b>	missing work or school
<b>absorption</b>	take in, soak up
<b>accelerate</b>	hurry, speed up, make worse, make more severe
<b>accessible</b>	available, on hand, understandable, usable (handicapped)
<b>accommodate</b>	house, let stay with, give shelter, adjust, adapt
<b>accompany</b>	go with, take with (medicine)
<b>accomplish</b>	do, finish
<b>accumulate</b>	add up, gather, collect
<b>accurate</b>	true, right, correct
<b>acellular vaccine</b>	a vaccine that only contains part of the virus
<b>Acquired Immune Deficiency Syndrome</b>	AIDS; a disease that makes it hard for your body to fight diseases
<b>active immunity</b>	being able to fight off a specific disease once you have had that disease
<b>acute</b>	sudden start, short term, quick
<b>additional</b>	extra, added, more
<b>adequate</b>	enough, the right amount
<b>adhere</b>	stick, follow
<b>adjacent</b>	beside, next to, near, touching

## A ●

<b>adjuvant</b>	something added to a vaccine to make it work better
<b>administer</b>	give, manage, take care of
<b>adverse event</b>	something bad that happens, bad reaction
<b>adverse health effect</b>	bad side effect, bad reaction
<b>adverse</b>	bad, dangerous, hurtful, harmful
<b>advise</b>	tell, warn, say
<b>advocacy</b>	support, fighting on behalf of, arguing for support
<b>advocate</b>	fight for, support, support person
<b>aerobic exercise</b>	exercise; slow and steady exercise like walking, running, biking, swimming, etc.; exercise that helps your heart stay healthy and work better; exercise that gets your heart pumping; exercise that makes you breath faster
<b>aerobic</b>	needs oxygen
<b>aerosol</b>	spray, mist
<b>aggravate</b>	make worse, harm, anger, hurt
<b>aggregate</b>	taken together, looked at all together, total, sum, combined
<b>aggressive</b>	pushy, dangerous, gets worse fast
<b>airways</b>	windpipe, breathing, tubes that take air in from the nose and mouth to the lungs, pathway from nose and mouth to lungs
<b>alienate</b>	push away, put by itself, turn away from, set apart
<b>allergen</b>	something like pollen that causes the body to react by sneezing or forming a rash
<b>allergic</b>	the body's reaction to something, like pollen, resulting in sneezing, sniffing, a rash, etc.
<b>allergist</b>	doctor who treats allergies
<b>allergy</b>	reaction to certain things such as food or cloth or pollen, itch, rash, hives, breathing problem



<b>alleviate</b>	lessen, ease, soften, improve, make better
<b>alopecia</b>	hair loss, balding
<b>alteration</b>	change, shift, adjustment
<b>alternate</b>	take turns, one and then the other, rotate
<b>alternative</b>	option, another choice, other, different way, another option, different
<b>alveoli</b>	tiny air sacs in the lungs
<b>amalgamate</b>	put together, join, combine, unite
<b>ambulate</b>	walk, move around
<b>ambulatory</b>	can walk, mobile, able to move about, walking
<b>ameliorate</b>	make better, improve, lessen, ease
<b>amend</b>	change, change later on, adjust
<b>amnesia</b>	forgetfulness, memory loss, not being able to remember
<b>anaerobic exercise</b>	exercise, fast-burst exercise, muscle-building exercise like weight lifting
<b>anaerobic</b>	needs lack of oxygen
<b>anaphylaxis</b>	shock, a sudden and severe allergic reaction, stop breathing, poisoning
<b>anemia</b>	tired, low iron, a low blood count that can make you tired and short of breath
<b>annual</b>	yearly, every year, once every year, once a year, each year
<b>annually</b>	yearly, every year, once every year, once a year, each year
<b>antibiotic</b>	drug, medicine, drug that fights bacteria, infection-fighting medicine, medicine that fights infection
<b>antibody</b>	your body's way to fight off infections, infection-fighting cells, cells that fight infection





<b>asthma</b>	disease, breathing disease; long term disease of swelling of the airways of the lungs; lung disease where you have trouble breathing; disease of lungs or respiratory system
<b>asymptomatic infection</b>	when you're sick, but you don't feel bad, no symptoms
<b>asymptomatic</b>	someone who is sick but does not feel or look sick
<b>at the present time</b>	now, right now
<b>atherosclerosis</b>	hardening of the arteries, clogged blood vessels
<b>attack</b>	violent start, suddenly overcome by a disease, begin to harm
<b>attempt</b>	try, effort
<b>attenuated vaccine</b>	vaccine, vaccine that has a weakened form of the virus in it
<b>attire</b>	clothes, clothing, to dress, wear
<b>authentic</b>	original, real, true, actual
<b>authorize</b>	allow, approve, give the power to
<b>autism</b>	brain disorder, illness that makes it hard for someone to talk to other people
<b>autoimmune disease</b>	disease that makes your body attack itself
<b>autonomous</b>	free, by itself, independent
<b>avail</b>	help, aid
<b>available</b>	on hand, at hand, ready, near-by, handy
<b>avian flu</b>	bird flu
<b>avoid</b>	do not

## **B**

<b>B cells</b>	disease fighting cells, cells that are made inside your bones and help fight disease, white blood cells
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**B**

<b>bacteria</b>	germs
<b>behavior modification</b>	developing new habits, changing what you do, stopping bad habits
<b>beneficial</b>	good, good for, helpful, useful
<b>beneficiary</b>	someone who receives, person who comes out ahead
<b>benefit</b>	help, aid
<b>benign</b>	not a danger, not harmful, easily treated
<b>benign</b>	not cancer
<b>bereavement</b>	grief after death, loss, sadness, mourning
<b>beverage</b>	drink, fluids, liquids
<b>biannual</b>	every two years, twice a year, two times every year
<b>bilateral</b>	with both sides considered, two-sided, when both sides get a say, even, balanced
<b>bioterrorism</b>	spreading virus or disease to cause fear or hurt
<b>BMI</b>	a measure of body fat based on height and weight
<b>biota</b>	plants and animals
<b>bona fide</b>	real, true
<b>bone density test</b>	bone strength test, a test of how solid and how strong your bones are
<b>bone marrow</b>	area (or the space) inside your bones where blood cells are made
<b>booster shots</b>	a shot you get months or years after your vaccine shot, to keep you safe from that disease
<b>brachial neuritis</b>	swelling of the nerves in your arms
<b>breakthrough infection</b>	getting a disease even though you've been vaccinated against it
<b>bronchial tubes</b>	the tubes letting air in and out of the lungs
<b>bronchodilator</b>	medicine, drug that helps you breathe easier





**bursitis** swollen, painful joints, disease that causes joint pain  
**by means of** by, using, with  
**by which time** by then

## C

**cancer** cancer  
**capacity** size, amount something holds, ability, space, number open  
**carcinogen** cancer-causing  
**cardiologist** heart doctor  
**cardiology** medical department that treats heart problems  
**cardiovascular** having to do with the heart and blood vessels  
**caries** cavities, tooth decay  
**carrier** someone who is sick and can get other people sick; animal that is sick and can make other animals sick  
**cartilage** the smooth covering on the end of bones  
**case fatality ratio** how many people die from a disease  
**cataracts** a clouding of the eye that makes it hard for people to see, cloudy eyesight, cloudy vision  
**catastrophe** disaster, tragedy  
**causal association** causes, leads to, can cause causes your body to react  
**cauterize** to burn a piece of the skin or tissue (usually to stop bleeding)  
**cease** end, stop, quit  
**censure** blame, punish  
**Centers for Disease Control and Prevention** CDC

**C**

<b>central nervous system</b>	brain and spinal cord
<b>cerebral hemorrhage</b>	stroke
<b>cerebrovascular disease</b>	stroke
<b>cervix</b>	the lower part of the uterus
<b>cessation</b>	stopping, quitting, ending
<b>characteristic</b>	mark, trait, feature
<b>characterize</b>	tell about, describe, define
<b>chronic</b>	long term, long-lasting
<b>chronic disease</b>	long-lasting disease, disease that lasts for years
<b>chronic health condition</b>	constant health problem, something that effects your health for a long period of time
<b>chronic obstructive pulmonary disease</b>	lung disease, such as asthma or emphysema
<b>chronic</b>	constant, never ending, does not go away, long term, lasting a long time
<b>circulation</b>	blood flow, flow of blood through the body
<b>circumstance</b>	event, situation, facts
<b>clade</b>	a group of animals that can all get the same disease
<b>client</b>	you, name of person
<b>clinical</b>	work, studies, a medical setting that involves patients
<b>clinical</b>	medical, work or studies in a medical setting that involve patients
<b>clinically ill</b>	sick, diseased
<b>close proximity</b>	near, near by, close, close to
<b>coagulate</b>	clot, set, clump together
<b>coerce</b>	force, make, press



<b>cognizant</b>	aware, know about, think of
<b>colic</b>	stomach pain, sick, baby with upset tummy
<b>collaborate</b>	work together, team up, help each other
<b>comatose</b>	in a coma
<b>combination vaccine</b>	a vaccine that helps stop more than one type of disease
<b>commence</b>	start, begin
<b>communicable</b>	catching, can be spread, can be passed to other people, can make other people sick
<b>communicate</b>	tell, say, call, write, talk to
<b>community immunity</b>	the protection people who aren't vaccinated get when most other people in their community are vaccinated
<b>comparable</b>	like, similar, almost the same as
<b>compensate</b>	make up, pay, reward
<b>competent</b>	skillful, able, well trained
<b>complete</b>	finish, fill out, end
<b>completion</b>	end, finish
<b>complimentary</b>	free
<b>comply</b>	do, follow, give in, obey
<b>component</b>	part, section
<b>comprehensive</b>	complete, covers everything important, thorough, all
<b>comprise</b>	be made up of, include
<b>compulsion</b>	want, urge, desire
<b>conceive</b>	imagine, think up
<b>concentration</b>	strength
<b>concerning</b>	about, for, on

**C**

<b>conclude</b>	end, finish
<b>conclusive</b>	definite, final, last,
<b>concur</b>	agree, feel the same way
<b>condition</b>	a medical problem, a disease, an illness
<b>conditioning</b>	physical training, training your body, fitness
<b>conduct</b>	do, carry on, run
<b>congenital</b>	born with, inborn
<b>conjugate vaccine</b>	a specific type of vaccine
<b>conjunctivitis</b>	eye infection, pink eye, swelling and redness around your eyes
<b>conscientious</b>	careful, thoughtful
<b>consequently</b>	so, which means that, as a result
<b>consistent</b>	stays the same
<b>conspicuous</b>	plain to see, obvious
<b>constitute</b>	made of, form, make up
<b>construct</b>	make, build
<b>consult</b>	talk with, ask, talk to, see, meet
<b>consume</b>	eat, drink, use up
<b>contact</b>	talk to, call, write, talk with, get in touch with
<b>contagious disease</b>	an illness that spreads to others, a disease that you can give to other people, a disease that can make other people sick
<b>contagious</b>	catching, spreading, able to make others sick, spreadable, a disease that can be spread from one person to another; someone who is sick and might make you sick too; sick
<b>contain</b>	have, keep together



<b>contaminant</b>	pollutant, poison, harmful ingredient, harmful chemical
<b>contaminate</b>	spoil, infect, dirty, poison, pollute, taint
<b>contemplate</b>	think about, consider
<b>continue to</b>	keep on, still, remain
<b>contraceptive</b>	birth control
<b>contract</b>	arrange, agree, make smaller and shorter
<b>contraindication</b>	dangerous to give, not good for, when a drug or procedure may be harmful
<b>contribute</b>	help, give
<b>control</b>	manage, have power over, take care of
<b>contusion</b>	bruise
<b>convenient</b>	easy to use, on hand, handy, useful
<b>convulsion</b>	seizure, spasm
<b>co-operate</b>	help, work together, assist
<b>COPD</b>	Chronic Obstructive Pulmonary Disease, emphysema, a lung disease that makes breathing hard
<b>coronary heart disease</b>	heart disease
<b>coronary thrombosis</b>	heart attack
<b>correspond</b>	agree with, match, write, email
<b>corroborate</b>	confirm, agree with
<b>corticosteroids</b>	asthma drug, asthma medicine
<b>cot death</b>	SIDS, sudden infant death syndrome
<b>cough etiquette</b>	how to cough or sneeze
<b>countermeasures</b>	drugs to help fight sickness; flu shots; vaccines
<b>crib death</b>	SIDS, sudden infant death syndrome

**C**

<b>criterion</b>	sign, standard
<b>Crohn's Disease</b>	digestion disease
<b>cure</b>	heal, fix, make better; make completely better
<b>currently</b>	now, at this moment, right now
<b>cushingoid</b>	signs of high doses of medicine, drug
<b>cutaneous</b>	skin related, about the skin
<b>cystitis</b>	infection causing pain when you urinate

**D**

<b>dander</b>	flakes of skin
<b>deceased</b>	dead
<b>decompose</b>	decay, rot, break down
<b>decontaminate</b>	clean, kill germs, disinfect, purify, sterilize
<b>decrease</b>	take less, cut back, drop, lower, fall
<b>deficiency</b>	lack, not enough
<b>deficient</b>	lacking, not enough, poor
<b>deformity</b>	a change from the normal shape, not normal, not a normal shape, oddly shaped
<b>degenerative</b>	weaken, worsen, decline, decay, droop
<b>dehydrate</b>	need water, water loss, remove water
<b>deltoid</b>	arm muscle
<b>dementia</b>	memory loss that gets worse over time, Alzheimer's
<b>demonstrate</b>	prove, show
<b>demyelinating disorder</b>	nerve disease
<b>deoxygenated</b>	no oxygen
<b>deplete</b>	empty, take all of, reduce, sap



<b>dermal</b>	related to the skin
<b>dermal</b>	skin related
<b>dermatologist</b>	skin doctor
<b>dermatology</b>	skin doctor's office
<b>designate</b>	call, label, name
<b>detect</b>	find
<b>deteriorate</b>	get worse, fall apart, become unusable
<b>determine</b>	figure out, decide, find out, test
<b>detrimental</b>	bad, harmful, dangerous
<b>develop</b>	create, change, grow
<b>deviate</b>	stray, change, take a different path
<b>diabetes</b>	elevated sugar in the blood
<b>diagnose</b>	test, find out, figure out, learn cause
<b>diagnosis</b>	finding out the cause of an illness, condition, disease, medical answer
<b>diarrhea diseases</b>	diarrhea
<b>difficulties</b>	problems, trouble
<b>dilate</b>	become wider, become larger, become bigger
<b>dilator</b>	something used to make something become larger, wider, or bigger
<b>dilute</b>	weaken, make weaker, add liquid
<b>dimension</b>	size
<b>diminish</b>	make smaller, become less, take less
<b>diminutive</b>	small, tiny, very little
<b>disclose</b>	show, tell
<b>discoid</b>	shaped like a disk, round and flat

## D

<b>discoloration</b>	change in color, not the color it normally is, odd color
<b>discontinue</b>	stop, end, quit
<b>discuss</b>	talk about, talk with
<b>disease</b>	illness, sickness
<b>disguise</b>	hide
<b>display</b>	show
<b>dissemination (disseminate)</b>	spread, distribute, send out, make available
<b>distinguish</b>	tell apart, set apart
<b>distribute</b>	hand out, give, spread
<b>domicile</b>	home, house
<b>donate</b>	to give
<b>donation</b>	gift, present
<b>dose</b>	amount of medicine, chemical, or radiation; amount, size
<b>drowsy</b>	sleepy
<b>dust</b>	fine, dry earth, powdery dirt
<b>dwelling</b>	home, house
<b>dyspepsia</b>	indigestion, heartburn

## E

<b>economical</b>	cheap, low cost, low priced
<b>effect</b>	make, result
<b>effective</b>	works well, good, strong
<b>efficacy rate</b>	how well something works
<b>EKG</b>	heart test, test of your heart





<b>electrolytes</b>	blood salts, a type of necessary salt found in blood
<b>elevate</b>	raise, lift, make higher
<b>eliminate</b>	stop, end, drop, get rid of
<b>emaciated</b>	very thin, starving
<b>embolism</b>	blood clot
<b>emphasize</b>	stress, point out, highlight
<b>emphysema</b>	a lung disease, Chronic Obstructive Pulmonary Disease (COPD)
<b>encephalitis</b>	swelling of the brain
<b>encephalopathy</b>	brain dysfunction
<b>endocrine</b>	related to the hormone producing systems
<b>enhance</b>	add to, improve
<b>environment</b>	all the things around you in your daily life, at home and at work
<b>environmental control</b>	removing harmful things from your home and work; doing something to improve the space you live in and the air you breathe
<b>epidemic</b>	disease that most people get, widespread sickness
<b>epidemiology</b>	disease study
<b>episode</b>	event, set amount of time, attack, brief time
<b>epizootic</b>	widespread disease in animals
<b>equilibrium</b>	balance
<b>equivalent of</b>	equal to
<b>erosions</b>	small pits, small holes in teeth or bones
<b>erythematosis</b>	red rash on the face
<b>escalate</b>	worsen, make worse, get worse, increase, grow
<b>ESR</b>	a blood test

## E

<b>etiology</b>	the cause of
<b>evident</b>	plain to see, visible, seen
<b>exacerbate</b>	worsen, make worse
<b>excess rate</b>	how many people become seriously sick during a pandemic
<b>excessive</b>	too much
<b>exert</b>	work hard, push, struggle, exercise
<b>exertion</b>	effort, work
<b>exhale</b>	breathe out
<b>exhibit</b>	show, display
<b>expectorate</b>	spit, cough, spit out
<b>experience</b>	feel, have, go through
<b>expertise</b>	knowledge, skill, know-how, training
<b>exposure</b>	around, been around, contact, come in contact with family history health information about your close relatives
<b>extend</b>	make longer

## F

<b>facilitate</b>	make easier, help
<b>factor</b>	cause, reason
<b>failed to</b>	did not
<b>fallacy</b>	error, myth, not true
<b>fast</b>	go without any food or drink, not eat or drink anything
<b>fatigue</b>	tired, weak feeling of the whole body, feeling tired all over
<b>feasible</b>	possible, doable, workable, can be done, can do



<b>febrile</b>	caused by a fever, feverish
<b>finalize</b>	complete, end, finish, settle
<b>flare</b>	a period of time when symptoms of a disease are worse, when your disease hurts more than normal
<b>flexible</b>	moving easily, stretch easily, bend and stretch without hurting
<b>fluctuate</b>	change, rise and fall, go back and forth from high to low
<b>fracture</b>	break
<b>frequently</b>	often, commonly, normally, regularly, many times
<b>fundamental</b>	basic, real

## G

<b>gamete</b>	sex cell, egg or sperm
<b>generation time</b>	time needed for disease to spread from one person to another
<b>genetics</b>	family traits, science or study of family traits or how traits (eye color, etc.) are passed from parent to child, study of blood relatives
<b>glaucoma</b>	eye disease, increased eye pressure; an eye disease that can lead to blindness
<b>glucose</b>	sugar, energy
<b>gradually</b>	slowly, over time
<b>Guillain-Barre Syndrome</b>	GBS; a disease that makes it hard to move

## H

<b>H5N1</b>	bird flu virus
<b>Haemophilus influenzae type b</b>	Hib; a lung disease

# H •

<b>hazard</b>	hazard, harmful, danger
<b>hazardous waste</b>	harmful trash like used needles, bloody tissues, etc.
<b>hematological</b>	related to the blood and blood forming organs
<b>hepatic</b>	related to the liver
<b>hysterectomy</b>	surgery to remove the womb
<b>hallucinate</b>	see things that are not there
<b>hand hygiene</b>	hand washing
<b>hazardous</b>	harmful, bad, dangerous, risky
<b>hematocrit test</b>	blood test, a test that counts your red blood cells
<b>hemodialysis</b>	use of a machine to clean your blood
<b>hemoglobin A1C</b>	a test to show your blood sugar levels over the last 3 months
<b>hepatitis A</b>	disease that you get from drinking bad water or eating bad food
<b>hepatitis B</b>	disease that you get from someone else's blood or from unsafe sex
<b>hepatitis C</b>	liver disease that you get from someone else's blood or unsafe sex
<b>hepatitis D</b>	virus that can only be found in your blood if you also have hepatitis B
<b>hepatitis E</b>	disease that you get from drinking bad water or from eating bad food, a disease not found in the United States
<b>herd immunity</b>	group protection from disease, community immunity
<b>herpes zoster</b>	shingles, a disease that causes painful sores on your skin
<b>highly</b>	very probably, not likely, will probably happen
<b>hives</b>	rash; red, itchy swellings on your skin



<b>homologous</b>	similar, like, alike
<b>hormone</b>	chemical, natural or manmade chemical that effects your growth, chemicals that help different parts of your body know how they should work
<b>host</b>	person; animal
<b>HPAI</b>	a dangerous bird flu
<b>HPV</b>	a virus that can cause cervical cancer
<b>humidify</b>	to moisten air
<b>hyperlipidemia</b>	high cholesterol
<b>hypertensive heart disease</b>	high blood pressure
<b>hypersensitivity</b>	strong reaction
<b>hypertension</b>	high blood pressure
<b>hyposensitivity</b>	weak reaction
<b>hypotension</b>	low blood pressure
<b>I</b>	
<b>identical</b>	same, exactly the same
<b>illness rate or clinical attack rate</b>	number of sick people; (Use a ratio like “3 in every 10 New Yorkers are sick” or a percentage like “30 percent of all Floridians are sick.”)
<b>illustrate</b>	show, draw, picture
<b>immediately</b>	at once, right away
<b>immerse</b>	put completely in, completely cover
<b>immune globulin</b>	something in your blood that helps fight disease
<b>immune</b>	when your body can protect itself from a disease; protected from



<b>immunity</b>	the body's ability to keep from getting a disease; protection from disease, ability to fight off an illness
<b>immunization</b>	getting a vaccine (shot)
<b>immunize</b>	to protect against disease, usually by a shot
<b>immunological</b>	related to the immune system
<b>immunosuppression</b>	when your body can't fight disease
<b>immunotherapy</b>	medical treatment that helps your body fight off diseases
<b>impede</b>	get in the way, slow
<b>imperative</b>	important, pressing, urgent
<b>imperceptible</b>	hard to see, hidden
<b>implement</b>	start, begin
<b>in excess of</b>	more than
<b>in the absence of</b>	without
<b>in the course of</b>	during, in
<b>in the event of</b>	if
<b>in vitro</b>	out of the body, outside the body, laboratory grown, in a test tube
<b>in vivo</b>	within the body, inside the body grown inside animal
<b>inaccuracy</b>	error, mistake, chance that there is a mistake
<b>inactive vaccine</b>	a vaccine that uses germs that have been killed
<b>inadvertently</b>	without meaning to
<b>inadvisable</b>	risky, not smart, may be dangerous
<b>inapparent infection</b>	when you are sick but you don't feel bad
<b>incidence</b>	how many people get sick
<b>incidence</b>	number of sick people



<b>incident of national significance</b>	national emergency
<b>incise</b>	cut
<b>incision</b>	cut
<b>incisors</b>	front teeth, front “biting” teeth
<b>inclement</b>	harsh, extreme, dangerous
<b>incorrect</b>	wrong, not true, false
<b>increase</b>	add to, raise
<b>incubation period</b>	the length of time a disease is in someone’s body before they feel or look sick
<b>indicate</b>	suggest, point to
<b>indication</b>	sign, signal
<b>indigenous</b>	local to, comes from, native
<b>individual</b>	person, you, man, woman
<b>inexpensive</b>	cheap, low cost, low priced
<b>infect</b>	disease spread by germ or virus, to get sick, to make someone sick, to spread a disease
<b>infection control</b>	how to avoid sickness
<b>infection</b>	illness caused by germs, a sickness you get from germs
<b>infectious agent</b>	virus, germs, something that makes you sick, disease, flu, parasite
<b>infectious</b>	something that can spread disease
<b>inflamm</b>	make hot, red, or swollen; swollen
<b>inflammation</b>	swelling, injury, sore
<b>Inflammatory Bowel Disease</b>	digestive system disease, intestinal problems
<b>influenza</b>	flu



<b>inform</b>	tell
<b>infusion</b>	put fluids or drugs directly into your blood
<b>ingestion</b>	eating, drinking, swallowing
<b>inhalation</b>	breathing, breathing in
<b>inhale</b>	breathe in; take a breath
<b>inhaler</b>	breathing medicine/drug, asthma medicine
<b>inherent</b>	natural, built in, native
<b>inherit</b>	acquire, get, obtain, be left
<b>inheritance</b>	passing of traits (such as eye color) from parent to child
<b>inhibit</b>	check, bar, forbid, stop
<b>initial</b>	first, earliest, basic
<b>injection</b>	shot, to give medicine by needle, booster, dose
<b>inquire</b>	ask
<b>instrument</b>	tool
<b>insufficient</b>	not enough, too little, failing, poor
<b>integrate</b>	combine with, make part of
<b>intention</b>	goal, aim, desire, end
<b>internal organs</b>	inside parts of your body (heart, lungs, stomach, kidneys, etc.)
<b>interrupt</b>	stop, break
<b>intrauterine device</b>	IUD, birth control
<b>intravenous (IV)</b>	into your vein; into your blood stream, putting drugs or fluids directly into your blood
<b>investigational vaccine</b>	vaccine still being tested
<b>irrefutable</b>	certain, final, obvious, proven





<b>irritable</b>	sensitive, complaining, grouchy, testy
<b>irritant</b>	bother; pain, pest, problem
<b>isolate</b>	a specific type of virus; a specific type of flu
<b>isolation of ill people</b>	staying away from people who are sick; keeping sick people at home

## J

<b>jaundice</b>	skin and eyes turn yellow
<b>joint</b>	place where two bones come together (knee, elbow, etc.)

## K

<b>kidney</b>	kidney, organ that filters blood
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## L

<b>lacerate</b>	cut, tear
<b>laceration</b>	cut, tear
<b>ligament</b>	a strong band of tissue that holds your joints together
<b>live vaccine</b>	a vaccine that has a weakened form of the virus in it
<b>localized</b>	in a small area, only in one place
<b>locate</b>	find, place, settle, turn up
<b>location</b>	place, spot
<b>long-term</b>	for a long time, over a long period of time
<b>lower respiratory infection</b>	pneumonia

## L

<b>lung function</b>	measure of how strong your lungs are
<b>lungs</b>	breathing organs
<b>lymphatic</b>	related to the lymph system
<b>lymphocytes</b>	lymph cells

## M

<b>macrophage</b>	disease-fighting cell
<b>macular</b>	a discolored spot on your skin
<b>magnitude</b>	extent, size, how serious
<b>maintain</b>	take care of, keep
<b>mammogram</b>	test to check the health of the breast
<b>malignant</b>	cancer
<b>manage</b>	control, direct, be in charge of, take care of, watch
<b>manifest</b>	clear, plain, evident
<b>maximum</b>	the largest possible, the most
<b>medication</b>	drug, pill, medicine
<b>medicine</b>	drug
<b>memory cell</b>	a cell that helps your body quickly fight diseases that you've gotten before
<b>menopause</b>	women's "change of life", the change, time in a woman's life when her periods stops
<b>mentality</b>	frame of mind, mind, outlook, feeling
<b>metabolism</b>	process of getting energy from food, converting food into energy
<b>mg</b>	milligram
<b>microbes</b>	very tiny fungi, sometimes viruses, that are too small too see; bacteria, protozoa



<b>migrate</b>	move, travel
<b>migration</b>	moving from one place to another
<b>mild</b>	gentle, not severe, slight, small
<b>mildew</b>	fungus that grow in damp warm areas
<b>minimal</b>	least, small, smallest
<b>minimize</b>	make smaller
<b>miniscule</b>	very small, tiny
<b>mites</b>	very tiny, spider-like, animals that cause allergies and skin rashes
<b>mitigate</b>	make less harmful, soften, lessen, reduce
<b>mobility</b>	ability to move
<b>moderate</b>	medium, mild, controllable
<b>modify</b>	change
<b>molars</b>	back teeth, back “grinding” teeth
<b>mold</b>	growth on food and damp surfaces
<b>monitor</b>	watch, check on, watch for changes, device that measures changes
<b>morbidity</b>	diseased, sick, ill
<b>mortality rate</b>	number of deaths
<b>mortality</b>	death
<b>motor vehicle accident</b>	car crash
<b>MRSA</b>	bacteria that is resistant to antibiotics
<b>mucosal (mucus) membranes</b>	soft, moist areas just inside the openings to your body
<b>mucus</b>	fluid that coats and protects the inside of the nose, mouth, bronchial tubes and other parts of the body
<b>multiple sclerosis</b>	central nervous system disease

## M

<b>muscle contraction</b>	muscle twitch, movement
<b>mutagen</b>	cause
<b>mutation</b>	change over time
<b>mutation</b>	change; difference; different

## N

<b>narcotic</b>	addictive pain medicine, drug
<b>nebulizer</b>	machine that turns liquid asthma medicine into mist
<b>negligent</b>	careless, lax, not careful
<b>neonatal death</b>	infant death, death in the first seven days of life
<b>neonatal</b>	newborn
<b>nephrology</b>	study of kidney problems
<b>neuraminidase</b>	enzyme on the surface of the virus
<b>neuritis</b>	swelling of a nerve
<b>neurologic</b>	relating to the nervous system, brain or spinal cord
<b>neurological</b>	related to the brain and nervous system
<b>neurology</b>	study of the nervous system
<b>neuropathy</b>	disease of the nervous system
<b>neutralize</b>	cancel, stop, offset
<b>nominal</b>	small, not important, token, cheap, not costly
<b>nonpharmaceutical intervention</b>	ways to stop the spread of illness without drugs, such as hand washing, covering sneezes, closing schools, etc.
<b>nosocomial</b>	an infection you can catch in the hospital
<b>notification</b>	notice



<b>nutrition</b>	food, meal, diet, healthy food
<b>nutritious</b>	wholesome, food that is good for you, healthy eating, healthy food
<b>O</b>	
<b>objective</b>	goal, end
<b>obscure</b>	hidden, unclear, blur, confuse
<b>observation</b>	close look, remark, watching, sighting
<b>observe</b>	look closely, watch, see, detect, find, notice, see
<b>obstruct</b>	block, stop
<b>obstruction</b>	barrier, block, hurdle
<b>obtain</b>	get
<b>obvious</b>	clear, plain, easy to see
<b>occasionally</b>	sometimes, not often, once in a while
<b>occupation</b>	job, work
<b>occupational therapist</b>	someone who helps people who are sick or injured relearn everyday activities
<b>occupational therapy</b>	therapy that helps you relearn everyday activities
<b>occur</b>	happen, take place, result
<b>occurrence</b>	event
<b>on an empty stomach</b>	do not eat or drink
<b>optic neuritis</b>	eye disease, disease of the eyes
<b>optimal</b>	best, best way
<b>option</b>	choice, way
<b>orchitis</b>	side effect of mumps
<b>originate</b>	start, begin, create



<b>orthopedic surgeon</b>	bones and joint doctor
<b>orthopedics</b>	bones and joint doctor's office
<b>osteonecrosis</b>	bone death
<b>osteoporosis</b>	osteoporosis, brittle bones
<b>otitis media</b>	middle ear infection
<b>outbreak</b>	when a large number of people suddenly get sick; sudden increase in number of sicknesses
<b>ova/ovum</b>	egg/eggs, a woman's egg/eggs
<b>overabundance</b>	too much, excess
<b>P</b>	
<b>palatable</b>	pleasing, tasty, good
<b>pandemic flu</b>	pandemic flu, deadly flu, fast and wide-spread flu
<b>pandemic vaccine</b>	pandemic flu vaccine
<b>panzootic</b>	a flu pandemic in animals, a deadly flu pandemic in animals, fast and wide-spread flu in animals
<b>papule</b>	small red dot on your skin, skin rash
<b>paralysis</b>	can't move
<b>parameter</b>	limit, factor, value
<b>parasite</b>	animal or plant living off another animal or plant
<b>participate</b>	take part, join, share
<b>passive immunity</b>	disease protection from either mother or vaccine
<b>pathogen</b>	germ, virus, disease-causing agent
<b>pathogenic</b>	disease causing
<b>peak flow meter</b>	small tool used to measure how fast you can blow out air
<b>peak flow</b>	the fastest you can blow out air



<b>pending</b>	coming, until, waiting on something or someone
<b>perforation</b>	hole
<b>perform</b>	do, carry out, act
<b>pericarditis</b>	heart inflammation, swelling of the tissue covering the heart
<b>perinatal death</b>	death before birth, stillborn
<b>periphery</b>	edge, boundary
<b>peritoneum</b>	lining of your stomach, belly, tummy
<b>permanent</b>	lasting, long term, forever
<b>permit</b>	allow, let
<b>persevere</b>	hold on, keep at, last, keep trying, not give up
<b>persistent</b>	there all the time, constant, doesn't go away, not giving up
<b>personal protective equipment (PPE)</b>	gowns, face shields, gloves, face masks, and respirators
<b>personnel</b>	people, staff
<b>perspire</b>	sweat
<b>persuade</b>	convince, talk into, win over, urge
<b>pertinent</b>	fitting, important
<b>petechiae</b>	tiny red or purple spot on your skin, skin rash
<b>pharmacist</b>	druggist, drug dispenser
<b>photosensitive</b>	sun-sensitive
<b>physical examination</b>	check-up, doctor's appointment
<b>physical therapist</b>	someone who treats pain and weakness by exercise
<b>physical therapy</b>	treatment of pain and weakness through exercise
<b>physician</b>	doctor

**P**

<b>pica</b>	craving, dirt or clay eating, unusual appetite
<b>pigmentation</b>	color
<b>placebo</b>	sugar pill
<b>platelet</b>	blood clotting cell
<b>pleurisy</b>	lung inflammation
<b>pneumonia</b>	lung infection
<b>podiatry</b>	the medical department that treats problems with feet, medical specialty – feet, foot doctor
<b>poliomyelitis</b>	polio; a disease that can make you unable to move
<b>pollute</b>	dirty, poison, taint, spoil
<b>polysaccharide vaccines</b>	sugar vaccines
<b>polyurethane</b>	plastic
<b>portion</b>	piece, amount, part, serving
<b>position</b>	job, rank, class, grade
<b>possess</b>	have, own
<b>post-exposure prophylaxis</b>	drug given to someone who has been near someone sick, prevention drug, drugs to prevent the spread of disease
<b>postpone</b>	put off, wait, delay
<b>potency</b>	strength, force, power, level, dose
<b>precaution</b>	safeguard, caution, guard, care
<b>predicament</b>	problem, bad situation, plight, difficulty
<b>preliminary</b>	early, not final, initial
<b>pre-pandemic vaccine</b>	pandemic flu or deadly flu vaccine; shot
<b>preparedness</b>	readiness, alertness, to be ready, to prepare, be prepared
<b>prerogative</b>	right





<b>prescription</b>	doctors orders, medicine, drug order
<b>present</b>	give, send, now, show
<b>prevalence</b>	number of sick people
<b>prevalence</b>	spread, disease spread, number, figure
<b>prevent</b>	stop, keep from happening, forbid, keep, hinder
<b>prevention</b>	stop, bar, avoid
<b>primary teeth</b>	baby teeth
<b>principal</b>	main, first, head, chief, most important
<b>probability</b>	chance, likelihood
<b>procedure</b>	steps, method, course of action, how-to, way
<b>proceed</b>	go, move forward
<b>prodromal</b>	signs of disease or attack
<b>proficient</b>	skilled, experienced, able
<b>progression</b>	move forward, go on, get worse, advance
<b>prohibit</b>	ban, forbid, prevent
<b>projectile</b>	object moving with great force and speed, as in “projectile vomit”
<b>proliferate</b>	grow, spread, reproduce
<b>prophylactic</b>	drugs given to prevent sickness or pregnancy, birth control, condom
<b>prophylaxis</b>	prevention drugs, remedy, curative
<b>prostate</b>	gland in male body that makes sperm
<b>prostatitis</b>	infection of the prostate
<b>protocol</b>	method, standard, step-by-step process
<b>protocol</b>	rules, code
<b>provide</b>	give, offer, send, supply

## P

<b>provoke</b>	make worse, cause, anger, annoy
<b>psoriasis</b>	a dry, scaly, skin rash
<b>psoriatic arthritis</b>	joint swelling disease with skin rash
<b>psychiatrist</b>	mental health doctor, shrink
<b>psychiatry</b>	study of mental health
<b>PSA test</b>	a test to check the health of the prostate
<b>PTSD</b>	an anxiety problem after seeing or having a traumatic event
<b>public health</b>	everyone's health, our health, health of the community as a whole
<b>puff</b>	a short, gentle burst; a small breath
<b>pulmonary</b>	related to the lungs
<b>pulmonary cancer</b>	cancer of lung, trachea, bronchus
<b>pulmonary care unit</b>	lung disease treatment area of hospital
<b>pulmonary fibrosis</b>	lung disease, scarring of lung tissue, shortness of breath
<b>pulmonologist</b>	lung doctor
<b>pulmonology</b>	study of lung disease
<b>purchase</b>	buy

## Q

<b>qualified</b>	suited, capable
<b>quarantine</b>	isolate, staying away from other people, staying home by yourself

## R

<b>RA</b>	rheumatoid arthritis, disease of joints
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<b>radiation</b>	see ionizing radiation and non-ionizing radiation
<b>radioisotope</b>	medicine, special medicine, drug or radioactive tracer
<b>radiologist</b>	a doctor who studies x-rays and other images, x-ray specialist
<b>radiologist</b>	x-ray doctor, a doctor who studies x-ray and other images
<b>radiology</b>	x-ray department
<b>radionuclide</b>	medicine, special medicine or drug
<b>rampant</b>	unchecked, raging, uncontrolled
<b>rapid diagnostic test</b>	fast result test to see if someone is sick
<b>rationale</b>	reason, thinking, intent, purpose
<b>Raynaud's syndrome</b>	circulatory disease
<b>reaction</b>	a response
<b>reassortment</b>	change, new type of virus
<b>receive</b>	get, admit, welcome
<b>recipient</b>	person who gets something
<b>recognize</b>	accept, know, see, find
<b>recombinant</b>	new gene combination
<b>recover</b>	get better, feel better, heal
<b>recrudescence</b>	when someone who seemed better gets sick again, relapse
<b>recuperate</b>	get better, feel better, get well, recover
<b>recur</b>	come back, get again, happen again
<b>reduce</b>	lower, cut, trim, dilute
<b>redundant</b>	extra, not needed, excess, surplus, spare
<b>regarding</b>	about

## R

<b>regimen</b>	diet, plan, program
<b>register</b>	sign up, sign in
<b>regular</b>	usual, normal, everyday, common
<b>regulate</b>	control, restrict, watch over, govern
<b>regulation</b>	rule, law
<b>rehabilitate</b>	get better, restore
<b>reimburse</b>	pay back, refund
<b>reinforce</b>	make stronger, brace, support
<b>reiterate</b>	repeat, say again
<b>relief</b>	feel better, ease, not as bad, ease or lessening from pain or discomfort
<b>relieve</b>	ease, make better, soothe, rest
<b>remission</b>	period of time when a disease is not active
<b>renal</b>	related to the kidney
<b>request</b>	ask for, beg
<b>require</b>	need, ask for
<b>requirements</b>	needs, regulations
<b>rescind</b>	cancel, take away
<b>resemble</b>	look like, take after, match
<b>reside</b>	be in, live in
<b>residence</b>	home, apartment, house
<b>Residual Seizure Disorder</b>	seizures, sudden attack, brain problem
<b>respiration</b>	breathing
<b>respiratory therapist</b>	breathing therapist
<b>respite</b>	rest, relief



<b>respond</b>	answer
<b>restrain</b>	hold back, stop
<b>retain</b>	keep
<b>retrieve</b>	get, bring back, get back
<b>reveal</b>	show, tell
<b>review</b>	go over, check
<b>Reye's Syndrome</b>	brain disease in children
<b>rheumatoid arthritis</b>	disease of joints, joint swelling
<b>rheumatologist</b>	joint, bone, and immune system doctor
<b>rheumatology</b>	study of the immune system, joints, and bones
<b>risk reduction</b>	reducing the chance of something (usually negative) happening
<b>risk</b>	chance
<b>Rotavirus</b>	germ causing stomach flu
<b>Rubella</b>	German measles
<b>Rubeola</b>	measles
<b>rupture</b>	break, burst, break open

## **S**

<b>sanitary</b>	clean, germ free, healthful
<b>sanitize</b>	clean, wash, clean up, make germ-free, disinfect
<b>Scarlatina</b>	scarlet fever
<b>schedule</b>	plan, planning a time to do something
<b>seasonal influenza</b>	common flu; winter flu
<b>second- and third-order effects</b>	things that happen as a result of your actions

# S

<b>sector</b>	group, community, neighborhood
<b>segment</b>	part, piece
<b>seizure</b>	fit of uncontrolled movements
<b>sensation</b>	feeling
<b>sensitive</b>	easily hurt, easy to damage, sore
<b>seroconversion</b>	when your body starts to make cells to fight a disease, way your body fights against disease
<b>serology</b>	study of blood strength
<b>serosurvey</b>	test to see how likely you are to get a disease
<b>severe</b>	strong, serious, harmful, dangerous, very bad
<b>severity</b>	how bad
<b>shift</b>	change
<b>shortness of breath</b>	difficulty catching breath, difficult breathing
<b>side effect</b>	reaction, reaction to a medicine
<b>significant</b>	big, serious, important
<b>similar</b>	like
<b>situated</b>	placed, located
<b>Sjogren's syndrome</b>	dry eyes and mouth
<b>skull</b>	bones of head that protect the brain
<b>social distancing</b>	stay at home; keep away from people
<b>socialize</b>	make friends, talk with people, meet people
<b>solicit</b>	ask for
<b>soreness</b>	hurt, pain, ache
<b>spasm</b>	sudden, strong muscle tightening, jerk, painful twist
<b>species</b>	group of plants or animals, same type, alike



<b>spirometer</b>	breathing test, machine used to measure breath strength, breath strength tool indicator
<b>spontaneous</b>	unplanned, sudden
<b>stable</b>	ok, no change, constant, even, unchanging
<b>stamina</b>	strength, endurance
<b>state of readiness</b>	ready, now ready, prepared
<b>state</b>	say, tell, condition
<b>status</b>	state, condition
<b>steroid</b>	medicine, drug to lessen swelling, illegal sports drugs
<b>stigma</b>	mark, spot, blemish, embarrassment
<b>stimulate</b>	excite, stir up, activate
<b>strain</b>	specific type of plant or animal or germ
<b>stress</b>	physical, mental or emotional tension or strain
<b>stringent</b>	strict, tight, controlled
<b>subclinical infection</b>	minor illness
<b>submit</b>	give, hand in, send
<b>subsequent</b>	following, next, later
<b>subsequently</b>	after that, later, afterward
<b>substance</b>	chemical, material, matter, stuff
<b>Sudden Infant Death Syndrome</b>	SIDS; crib death; sudden, unexplained death of a baby
<b>suffice</b>	be enough
<b>sufficient</b>	enough, plenty, ample
<b>suffocate</b>	choke, smother
<b>summon</b>	call for

## S

<b>sun protection factor</b>	sunscreen, sun block
<b>superficial</b>	not important, not harmful, slight
<b>supersede</b>	replace, take the place of
<b>supplement</b>	add to, in addition to, additive, vitamins
<b>supply</b>	give, budget, fund, pool, source, kitty
<b>suppress</b>	hold back, stop, slow down
<b>surge capacity</b>	being able to offer more services in an emergency, ability to expand
<b>surgery</b>	operation
<b>surgical mask</b>	face mask, mask
<b>surveillance</b>	keep a close eye on, watch closely, monitor
<b>susceptible</b>	more open to, in danger of getting, likely to get
<b>sutures</b>	stitches
<b>symptom</b>	sign (of disease or sickness)
<b>syndrome</b>	illness, sickness, set of signs that often go together
<b>synthesize</b>	combine, form, summarize
<b>systematic</b>	planned out, orderly, regular
<b>Systemic Lupus Erythematosus</b>	immune system disease
<b>systemic</b>	throughout your body, in all parts of your body

## T

<b>taper</b>	reduce, slow, lower, shrink, decrease
<b>telework</b>	work from home
<b>temporal association</b>	when two things happen at the same time but aren't actually related to each other
<b>temporary</b>	short, brief





<b>teratogenic</b>	something that can hurt your baby before he is born
<b>terminal</b>	deadly, fatal
<b>terminate</b>	stop, end
<b>tetanus</b>	disease affecting muscles
<b>therapeutic</b>	healing, improving, getting better
<b>therapy</b>	treatment
<b>therefore</b>	so
<b>thimerosal</b>	drug or vaccine preservative
<b>time period</b>	time
<b>titer</b>	blood test
<b>titrate</b>	to change the dose/level of a medicine
<b>topical</b>	on the surface, on the skin, on the body
<b>toxicology</b>	study of harmful materials
<b>transform</b>	change, alter
<b>transparent</b>	clear, see-through
<b>transpire</b>	happen, take place
<b>transverse myelitis</b>	of the spine, back disease
<b>traumatic</b>	shocking, upsetting
<b>treat</b>	give care, take care of, cure, heal
<b>treatment</b>	action, medicine, therapy
<b>tremor</b>	shaking, trembling
<b>trigger</b>	cause, starts, something that can bring on symptoms of a disease
<b>tuberculosis</b>	TB, a disease of the lungs that can make you cough nucus
<b>tumor</b>	growth, lump



## U

<b>ulcer</b>	open sore
<b>ulterior</b>	secondary, hidden, alternate, further
<b>ultimate</b>	final, last
<b>unfavorable</b>	bad, harmful, damaging, unwanted
<b>unnecessary</b>	not needed, needless
<b>upper respiratory system</b>	nose, throat, and windpipe
<b>urinate</b>	pee
<b>urticaria</b>	hives, itch, rash on your skin
<b>uterus</b>	womb
<b>utilize</b>	use, make use of
<b>UVA</b>	UV light, sunlight
<b>UVB</b>	UV light, sunlight

## V

<b>Vaccinate</b>	to protect against disease, usually by a shot
<b>Vaccine Adverse Event Reporting System</b>	VAERS, a way for doctors to make sure that vaccines aren't hurting anyone
<b>Vaccine Safety Datalink Project</b>	VSD, a way for doctors to learn more about vaccines
<b>vaccine</b>	shot, flu shot, medicine
<b>vague</b>	unclear, not for sure, not certain
<b>validate</b>	prove, test
<b>validity</b>	truth, proof



<b>variant</b>	version, slightly different
<b>Varicella</b>	chicken pox
<b>variola</b>	smallpox
<b>vary</b>	change, shift
<b>vehicle</b>	car, truck, bus
<b>verbatim</b>	exact, word for word
<b>verify</b>	check, find out
<b>vesicular</b>	blisters, small bumps on your skin
<b>viable</b>	able to live, usable, can be used
<b>vicinity</b>	area, location
<b>viral shedding</b>	coughing and sneezing
<b>viremia</b>	viruses in the blood
<b>virulence</b>	strength; measure of how dangerous the disease is
<b>virulent</b>	strong, dangerous
<b>virus</b>	virus
<b>voluminous</b>	large, bulky
<b>voluntary</b>	voluntary, done without being forced
<b>vomit</b>	throw up

## **W**

<b>waning immunity</b>	loss of resistance against a disease
<b>warning sign</b>	signals to alert you something may be wrong
<b>waterfowl</b>	water birds; birds that live on water; ducks, geese, and swans
<b>wheeze</b>	to breathe with difficulty making a whistling sound

## W

**whereas**

while, but

**whooping cough**

disease of the lungs that is very easily spread to others

**withhold**

deny, keep from, hold back, refuse

**withstand**

take, bear, resist

**witness**

see, note, observe

## X

**x-ray**

a picture of the bones and other parts inside of the body

## Y

## Z

**zoonoses**

diseases that people can get from animals; diseases that are passed between animals and people