

Health Phrasal Verbs

“I CAN’T BREATHE – MY NOSE IS ALL **STUFFED UP** THANKS TO MY ALLERGIES.”

If your nose is **stuffed up**, it means it is blocked and air can’t pass through. The opposite of a **stuffed up** nose is a runny nose – when your nose is dripping liquid mucus.

“I FEEL A LITTLE QUEASY – I THINK I’M GONNA **THROW UP**.”

Throw up means to vomit. The word “queasy” is another way to say nauseous, when your stomach is agitated.

“MY ANKLE **SWELLED UP** LIKE A BALLOON WHEN I SPRAINED IT.”

If a part of your body **swells up**, it means it gets bigger than normal because of fluid accumulating under the skin. Swelling indicates an injury or another health problem. The expression “like a balloon” emphasizes the extent of the swelling, and the verb

“sprain” refers to an injury of the tendons or ligaments – the connections between your muscles and bones. Another way to say this is “my [body part] is swollen.”

“I’M OVERWEIGHT; THE DOCTOR SAYS I NEED TO **CUT DOWN** ON FRIED FOODS.”

The phrasal verbs **cut down on** and **cut back on** mean “to reduce.”

“DON’T GET TOO CLOSE TO ME – I THINK I’M **COMING DOWN** WITH A COLD.”

If you are “**coming down** with” a disease, it means you’re starting to get sick. This phrasal verb is usually used with either a cold or the flu.

If you are recovering from a disease, you are “**getting over**” it: “I’ll be back at work tomorrow; I’ve finally **gotten over** the stomach virus I had.”

“YOU’LL NEED A PRESCRIPTION-STRENGTH OINTMENT TO **GET RID OF** THAT RASH.”

To “**get rid of**” something is to eliminate it.

A rash is an unusual colored area on your skin, which can be caused by allergy, disease, or infection; an ointment is a medicated cream or lotion that helps your skin heal. If a medication is “prescription-strength,” that means it is so strong that you need a doctor’s written permission to buy it.

“SHE’S IN CRITICAL CONDITION, BUT THE DOCTORS SAY SHE’LL **PULL THROUGH.**”

The phrasal verb “**pull through**,” when used in the context of an injury or illness, means the person will survive; the person will continue living and will not die. This is usually used in relation to recovering from very serious, life-threatening health problems.

“PETER’S FATHER **PASSED AWAY** LAST NIGHT. THE FUNERAL IS ON WEDNESDAY.”

“**Passed away**” means “died.” This phrasal verb is an example of a euphemism – a word that is rather indirect, which is used to avoid talking too directly about sensitive topics.