

Tourists and Malaria Pills

Kate Humble, presenter of TV's *Sea Watch*, appears the picture of health. Apart from the usual childhood illnesses, she had never been unwell – until she caught cerebral malaria, a potentially fatal form of the disease which claims more than a million lives a year worldwide. Here she explains to JILL PARSONS why she has only herself to blame...



- 1 As the specialist walked back into the consulting room, she had a slight smile on her face. Feverish, shivering and nauseous as I felt, I was relieved when she confirmed that it was good news. “So I haven’t got malaria?” I asked. She shot me a surprised look. “Oh yes, you have malaria. It’s just that we thought you had the Ebola virus.”
- 2 Perhaps I should have been relieved, but all I felt was shame. For not only had I ignored medical advice and taken no preventative measures on my travels abroad, it was the second time I had put myself in such danger. So here I was again, taking up a hospital bed with cerebral malaria because I thought I knew best.
- 3 I was pushed in a wheelchair through a side entrance from the London School of Hygiene and Tropical Medicine into University College Hospital next door, to a ward for blood disorders, full of patients with leukaemia, rare syndromes and diseases. It seemed surreal, for all around me people were seriously, properly ill, while I was here because I’d taken stupid risks. The staff talked about my low blood platelet count and potential liver failure, but I was so humiliated that I just lay there with the curtains closed around my bed.
- 4 The truth was that I’d paid more attention to my sun screen than I had to protecting myself against malaria. Part of the problem was that I had simply regarded myself as bombproof when it came to my health. Apart from the usual childhood illnesses, I have always been fighting fit and, after having my tonsils out at the age of 11, I can’t remember ever feeling really unwell.
- 5 What was also true was that since falling in love with Africa on my first visit at the age of 19, I had travelled the length of the continent without a single problem. I spent that gap year working my way from Cape Town to Cairo, swimming in lakes and spending most of my time outside, including sleeping outdoors whenever I could. I was bewitched by the place and, apart from the vaccinations for yellow fever, typhoid and the like, I didn’t take any of the other recommended safety measures.
- 6 While some people simply can’t be bothered sticking to the extended course of anti-malarials and others worry about side-effects, I just assumed I’d be OK – and I was, in fact, absolutely fine. But not this time...

Daily Mail

- 1p 21 '... she has only herself to blame ...' (laatste zin introductie)
→ In welke alinea legt Kate voor het eerst uit waarom ze dit vindt?
Noteer het nummer van die alinea in de uitwerkbijlage.
- 1p 22 What was the 'good news' (paragraph 1) for Kate Humble?
A She did not have a disease that was even worse than malaria.
B She had come to a place where they could treat malaria.
C She reacted well to the anti-malaria pills she had to take.
D She was only suffering from a harmless side-effect of malaria.
- 1p 23 Which of the following is true according to paragraph 3?
A Kate did not feel sick enough to have to stay in hospital.
B Kate had to be moved in order to get the proper care.
C Kate had to stay in hospital much longer than expected.
D Kate was afraid of catching an infection from other patients.
- 1p 24 What is true according to paragraph 4?
Kate had
A been less interested in her physical well-being than in her appearance.
B never had any reason to think she ought to be afraid of getting ill.
C usually taken the right medical precautions when going on holiday.
- 1p 25 Op welke manier zijn alinea 4 en alinea 5 verbonden?
A Alinea 5 herhaalt en benadrukt nog eens de informatie uit alinea 4.
B Alinea 5 noemt tegenvoorbeelden die de inhoud van alinea 4 afzwakken.
C Alinea 5 trekt een conclusie naar aanleiding van de inhoud van alinea 4.
- 1p 26 Which of the following becomes clear from paragraph 6?
A Kate will get seriously ill if she does not take anti-malaria pills for the rest of her life.
B Some people are allergic to some of the chemicals added to anti-malaria pills.
C There are tourists and travellers who do not take anti-malaria pills in the right way.

Bronvermelding

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