CHP Handount #3

May 2016

Everyday Words for Public Health Communication

Centers for Disease Control and Prevention
Office of the Associate Director for Communication

CHP Handount #3

Everyday Words for Public Health Communication

What is this document?

This document lists frequently used terms in public health materials and their common, everyday alternatives in plain language sentences. Original sentence examples come from materials on CDC.gov. Some words and phrases may have multiple meanings, so check the context of use before you substitute.

Remember, it might not be enough to delete jargon and substitute an everyday word in materials for the nonexpert public. You may have to rewrite the entire sentence or sentences and use multiple techniques. As a rule, you help readers when you:

- Write short sentences.
- Use active voice.
- Use everyday words and pronouns (when appropriate).

Who should use this document?

Federal employees and contractors writing for the nonexpert public: The Plain Writing Act says that federal agencies must use plain language in public communication.

Anyone writing for an audience that will benefit from jargon-free language: Consider the intended audience, and use the language that will make the most sense to them. When you do need to reach a broad, public audience without specialized knowledge about a topic, everyday words are the most appropriate language to help the most people understand the information.

Does this document include all medical and public health jargon?

No, this document includes many but not all common public health terms used in materials on CDC.gov. For example, the document doesn't include specialized disease, health condition, anatomy, or physiology terms. We will periodically add relevant, widely-used terms and examples.

Help improve this document with audience testing

If you do audience testing of these terms or other public health or medical words, please send your results to the CDC Office of the Associate Director for Communication Science health literacy team at clearcommunication@cdc.gov. We want to use the results to update and share the list with others so they can learn which terms work better for different audiences.

A

Abstinence: not having sex, meaning no anal, vaginal or oral sex; not doing a specific activity or behavior

CDC Original Sentences

These cultural beliefs are used to frame **abstinence** and condom use as culturally accepted and effective ways to prevent sexually transmitted diseases, including HIV.

For women who are interested in modifying their alcohol use patterns, efforts should be made to identify programs that will assist them in achieving cessation and long-term **abstinence**.

Plain Language Sentences

Culturally acceptable beliefs help form people's ideas about using a condom and **not having sex**. These beliefs can help prevent sexually transmitted diseases, including HIV.

Health care professionals should help women interested in drinking less alcohol find programs that will teach them how to **stop** drinking.

Access: able to get

CDC Original Sentence

Access to quality and timely health care is critical for everyone.

Plain Language Sentence

Everyone must be **able to get** good quality health care services when they need them.

Accessibility: Depends on context of use. Can mean having security authentication; network connectivity or visibility on a website; compliance with federal laws and standards to help people with disabilities (Section 508 compliance); culturally relevant; understandable; ease of being able to get to something.

CDC Original Sentences

If you are creating e-learning products, chances are that you will want to use the Table of Contents (TOC) component. For TOC appearance and **accessibility**, it is recommended that you do not use the Tree View list, and do not check Use Icons; the screen reader will then read each icon as a graphic.

The State of Michigan produced The Nutrition Environment Assessment Tool (NEAT) as an online evaluation of a community's environment and nutrition policies relative to healthy eating and produce **accessibility**.

Health disparities and secondary conditions can be the result of **inaccessible** health care facilities and equipment, lack of knowledge among health professionals about specific differences among people with disabilities, transportation difficulties, and higher poverty rates among people with disabilities.

Plain Language Sentences

To make the table of contents better looking and **easier for visitors to use:**

- Do not use the *Tree View* list
- Do not check *User Icons*

The state of Michigan produced *The Nutrition Environment Assessment Tool* (NEAT), an online way to measure a community's:

- Environment
- Nutrition policies that may affect healthy eating and **how easy it is to find** produce.

People with disabilities may suffer more health problems for several reasons:

- **Not being able to get** to the doctor's office or clinics with the right medical equipment
- Doctors' lack of knowledge about people with disabilities and their unique problems
- Problems finding transportation
- Low income or money problems

Accessible: people with disabilities are able to get, can get, usable

CDC Original Sentences

Ensure that your facility is fully **accessible** (e.g., parking, exam tables, restrooms, etc.). (Note: Don't use "e.g." or "etc." because they are academic abbreviations. Use "such as" or "for example" instead. Also, "e.g.," means the list of examples cannot possibly include every item, and "etc." would be redundant.)

There are a lot of ways to get involved. Just educating yourself about disabilities or making sure that your organization provides **accessible** educational materials for people with disabilities can make a difference.

Plain Language Sentences

Make sure that **people with disabilities can get to** every part of your facility, such as the parking lot, exam tables in the patient rooms, and restrooms.

You can help people with disabilities when you educate yourself about the problems they have with your educational materials. Make sure your organization gives people with disabilities materials **they can** use.

Acquire: get

CDC Original Sentence

Almost every sexually active person will **acquire** HPV at some point in their lives.

Plain Language Sentence

If they don't get the shot to protect against it, almost everyone who is sexually active will **get** human papillomavirus, or HPV, at some time in their lives.

Activate: begin, start, turn on, act

CDC Original Sentence

If the worker does not exit or enter properly, a foot or hand control may be **activated** and may cause movement of the lift arms, bucket, or other attachment.

Plain Language Sentence

You must get in or out in a safe manner, or you may accidentally **start** a foot or hand control that moves the lift arms, bucket, or other attachment.

Acute: sudden; happen without warning; sickness that lasts a short time and goes away

CDC Original Sentence

Mumps is an **acute** viral illness.

Plain Language Sentence

Mumps usually causes the following symptoms for about **7 to 10 days**:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite (not wanting to eat)
- Swollen glands under the ears or jaw

Adhere and Adherence: follow, stick to, carry out

CDC Original Sentences

Our newest campaign, HIV Treatment Works, encourages people living with HIV to get in care, start taking HIV medications, remain in care, and **adhere** to treatment.

Patients and health care workers are both responsible for ensuring patients' **adherence**.

Plain Language Sentences

HIV Treatment Works is the newest CDC campaign for people living with HIV. It encourages them to get in care, start taking HIV medicine, stay in care, and **stick** to treatment.

Patients and health care workers share responsibility for making sure patients **follow** instructions.

Adverse event: possible side effect or reaction after getting a shot or taking medicine

CDC Original Sentence

Adverse events following smallpox vaccination should be reported to state public health authorities and to the national Vaccine Adverse Events Reporting System (VAERS).

Plain Language Sentence

You should report any **reactions** that happen after getting the smallpox shot to state public health authorities and the national Vaccine Adverse Events Reporting System (VAERS).

Agent (biological): a natural or living thing that can cause an event or result (Note: Instead of *chemical agent*, use *chemical*.)

CDC Original Sentence

The U.S. public health system and primary health care providers must be prepared to address various biological **agents**, including pathogens that are rarely seen in the United States.

Plain Language Sentence

The U.S. public health system and primary care providers must be ready to identify and protect against diseases caused by many different **germs**. Even if they aren't common, we must be ready just in case.

Anxiety: worry, fear

CDC Original Sentence

Someone who is depressed has feelings of sadness or **anxiety** that last for weeks at a time.

Plain Language Sentence

Someone who is depressed feels sad, **worried, or fearful** for weeks at a time.

Assess or assessment: act or process for collecting and analyzing information about a topic, group of people, or a place; information about size, quality, or value; frequently used for **school health assessment, community (needs) assessment, workplace health assessment, health risk assessment, health impact assessment, public health assessment;** see also **evaluate**

CDC Original Sentence

The last step in the **assessment** process is to present and report what was learned during the workplace health **assessment** to key organizational stakeholders and decision makers.

Plain Language Sentence

After you have **collected and analyzed** the workplace **information**, write a report about what you learned and share the report with the people interested in the results.

Associated with: linked to, related to, goes along with, is part of, happens with

CDC Original Sentences

This study demonstrates that autism spectrum disorder is not **associated with** immunological stimulation from vaccines during the first 2 years of life.

In addition to being a chronic disease in its own right, the burden of depression is further increased as depression appears to be **associated with** behaviors linked to other chronic diseases.

Plain Language Sentences

This study shows that autism spectrum disorder is not **related to** shots given to children 2 years old and younger.

Depression is a disease or sickness that may last for a long time and often is much worse because of other long-lasting sicknesses that **go along with** depression. People who are depressed are more likely to act in ways that hurt their health and increase their chances of

getting other sicknesses. (Note: You may be able to eliminate the term completely with a rewrite: Someone with depression may have it for a long time and act in ways that hurt their health and lead to other long-term sicknesses.)

Attain: meet a goal, get, reach, receive

CDC Original Sentences

The CDC believes every person should have the opportunity to **attain** his or her full health potential.

CDC is the first federal agency to **attain** full accreditation of its emergency management program.

Plain Language Sentences

CDC believes everyone should have the **chance to be** as healthy as possible.

CDC is the first federal agency to **receive** full accreditation of its emergency management program.

B

Bacteria: germs or "bugs" that can infect people, animals, plants, other living things, soil, water, and other parts of the environment; germs that grow and can cause sickness; we can treat these sicknesses with medicines called antibiotics. (Note: Depending on the audience, "bacteria" may be a familiar term. When the communication objective includes explaining the difference between bacteria and viruses, you may need to use "bacteria" and "virus" rather than "germs." You can use the plain language explanations to help readers understand the differences. (Also see: Virus)

CDC Original Sentences

The bacteria known as *Bacillus anthracis* produce dormant spores (not active) that can live in the environment, like soil, for a long time, even decades. Contact with anthrax can cause severe illness in both humans and animals.

Healthy people can carry the **bacteria** in their nose or throat without getting sick. Rarely, these bacteria can invade the body and cause disease. Most people who 'carry' the bacteria never become sick.

Plain Language Sentences

Anthrax **germs** can live in soil for decades. When people or animals breathe in anthrax **germs**, they can get very sick and even die.

Healthy people can carry bacterial meningitis **germs** in their nose or throat without getting sick, but they can still spread the **germs** to other people.

Burden: number, amount, size, result, consequences, effect, cost

CDC Original Sentences

This session of Grand Rounds explored the **burden** of human papillomavirus (HPV)-associated cancer and disease in the United States and prevention through HPV vaccination.

In addition to being a chronic disease in its own right, the **burden** of depression is further increased as depression appears to be associated with behaviors linked to other chronic diseases.

Burden of COPD

Burden of vision loss

Plain Language Sentences

This session of Grand Rounds **presented information about** human papillomavirus (HPV) and cancers and other sicknesses in the United States. Speakers explained how people can get vaccinated to protect against HPV. (Note 1: Program should explain the different types of consequences, such as number of people affected, deaths or cost, implied by the original use of "burden." Note 2: Some audiences understand "shot" and not vaccine or vaccinated.)

Depression is a disease or sickness that may last for a long time and often is much worse because of other long-lasting sicknesses that go along with depression. People who are depressed **are more likely to act in ways that hurt their health and increase their chances of getting other sicknesses**. (Note: You may be able to eliminate the term completely with a rewrite: Someone with depression may have it for a long time and act in ways that hurt their health and lead to other long-term sicknesses.)

How many people have chronic obstructive pulmonary disease (COPD), who is more likely to have it, and what are the consequences for their health? (Note: All these aspects of COPD are covered by the umbrella term "burden." Consider how readers will respond to the "COPD" acronym. They may not know if they should pronounce it "copped" or "cooped" or say each letter separately.)

The number of people losing their ability to see, who is more likely to lose their ability to see, and the effect on their everyday life. (Note: All these aspects of vision loss are covered by the umbrella term "burden.")

C

Capacity: what a person, group, or organization can achieve or do; size or what a physical space or thing, such as a program, can hold or manage

CDC Original Sentences

A successful program assessment will highlight **capacities** within and surrounding the participating organization, target population, and problem.

The **capacity** of the radiology department is a major factor in determining a hospital's capacity to provide timely care for non-critical casualties.

Plain Language Sentences

Information about how a program works and what it achieves will be useful if it includes what organizations and people can do about a problem.

The hospital radiology department's size affects how quickly it can provide care for people without life-threatening injuries.

Carcinogen: something that causes cancer

CDC Original Sentence

Wood dust, associated with cancers of the nasal cavities and sinuses, is a known **carcinogen** for unprotected workers exposed regularly from sanding operations and furniture manufacturing.

Plain Language Sentence

Workers who breathe wood dust from sanding operations and furniture manufacturing can **develop cancers** in their noses and sinuses.

Carcinoma: cancer

CDC Original Sentences

Common kinds of breast cancer are ductal **carcinoma**, the most common kind of breast cancer. It begins in the cells that line the milk ducts in the breast, also called the lining of the breast ducts.

Chronic HBV and HCV infections result in a high disease burden and are leading causes of cirrhosis and hepatocellular **carcinoma** in the United States and globally.

Plain Language Sentences

A common kind of breast cancer is ductal carcinoma, or **cancer** in the milk "tubes" or ducts in the breast. Carcinoma is the medical term for cancer. Cancer of the milk ducts begins in the cells inside the ducts.

HBV and HCV infections that last a long time result in a high number of people harmed by the disease. The infections are the leading causes of chronic liver disease and liver cancer in the United States and around the world. (Note: See "burden" for what else might be covered besides number of people harmed.)

Case-control study: a study that compares people who have a sickness, medical or health condition, or injury to a group of people without the sickness, medical or health condition, or injury

CDC Original Sentence

A recent **case-control study** published in the Journal of 21st Century Medicine reported that 80 out of 100 patients with rheumatoid arthritis seen at a university rheumatology referral center were found to carry the common variant C707T of the rheumatoid arthritis (RA) gene (point mutation at position at 707).

Plain Language Sentence

A recent study published in the Journal of *21st Century Medicine* **compared people with rheumatoid arthritis to people without it**. The results show that 4 of 5 people with the sickness had a particular gene with a common and important difference—variant C707T of the rheumatoid arthritis gene. (Note: 80 of 100 reduced to 4 of 5 because smaller numbers are more concrete and easier to understand.)

Case report: description of a patient's illness including symptoms, diagnosis, treatment, and follow-up

CDC Original Sentence

They work with a variety of health care providers, including laboratories, hospitals, and private providers, to obtain **case reports** on many infectious and some non-infectious diseases.

Plain Language Sentence

They work with different health care providers, including labs, hospitals, and private providers, to get **descriptions of patients' sicknesses**.

Chronic disease, illness, or condition: a type of sickness that goes on for a long time and often doesn't go away completely. People's symptoms may be better or worse over time, and they may use treatments to control symptoms and feel better.

CDC Original Sentence

Chronic diseases and conditions—such as heart disease, stroke, cancer, diabetes, obesity, and arthritis—are among the most common, costly, and preventable of all health problems. Half of all American adults have at least one chronic condition, and almost one in three have multiple chronic conditions.

Plain Language Sentence

Chronic diseases—**those that go on for a long time and often don't go away completely**—are among the most common and costly health problems, and we often know how to prevent them. Examples of diseases that people live with for long periods, possibly a lifetime, are heart disease, stroke, cancer, diabetes, obesity, and arthritis. Three in six American adults have at least one chronic disease. Almost two in six adults have more than one chronic disease. (Note: Although "half" may be easy to understand, the original includes two proportions. Proportions converted to a common denominator to allow for easier comparison.)

Contact: touch; get close to; be near; in the same area as; communicate with; a person who was close to someone who is or was sick

CDC Original Sentence

Scabies usually is spread by direct, prolonged, skin-to-skin **contact** with a person who has scabies.

Plain Language Sentence

You can get scabies when your skin **touches** the skin of a person with scabies.

Contagious: when germs have the ability to spread from a person or animal to another person or animal

CDC Original Sentence

Mumps is a **contagious** disease caused by a virus. It spreads through saliva or mucus from the mouth, nose, and throat.

Plain Language Sentence

Mumps is a sickness that **can spread from one person to another**. This can happen when spit or mucus from the sick person's mouth, nose, or throat gets into another person's body through their mouth, nose, or eyes.

Contaminated: dirty, unsafe, not clean

CDC Original Sentence:

When two or more people get the same illness from the same **contaminated** food or drink, the event is called a foodborne outbreak.

Plain Language Sentence:

A foodborne outbreak is when people get food poisoning after eating the same **unsafe** food.

Cumulative: combined or added over time

CDC Original Sentence

The **cumulative** estimated number of persons with diagnosed HIV infection ever classified as stage 3 (AIDS) through 2012 in the United States was 1,194,039.

Plain Language Sentence

CDC data shows that approximately 1,194,039 people in the U.S. ever diagnosed with HIV developed AIDS **by the end of** 2012.

D

Data: information, facts, numbers

CDC Original Sentence

This report series provides **data** on older adult health at the national and state levels, as well as calls to action, state success stories, and other resources.

Plain Language Sentence

This report provides **information** about older adults' health in each state and across the country. It also suggests actions to improve older adults' health. (Note: If the currency or frequency of the publication matters, include the specific publication date or how often the report is published, such as every 3 months.)

Detect: find, identify

CDC Original Sentence

The sooner public health professionals can **detect** the source and spread of diseases or other health threats and investigate their effects in the community; the more quickly they can protect the public.

Plain Language Sentence

The sooner public health professionals **find** and check into the causes and results of sicknesses and other health threats in a community, the more quickly they can protect the public's health.

Disease: sickness (more common); illness (less common)

CDC Original Sentence

Screening for cervical, colorectal, and breast cancers also helps find these **diseases** at an early stage when treatment works best.

Plain Language Sentence

Checking your body for cancer, even if you don't have symptoms, helps find **sicknesses** early when treatment often works best.

Disease registry or registry: a collection of information or list about a group of people with a specific sickness; system for recording or tracking specific sicknesses

CDC Original Sentences

The national **registry** of recognized diabetes prevention programs lists contact information for type 2 diabetes prevention programs in communities across the United States.

It is the only population-based **registry** in the U.S. that collects information to help scientists learn more about who gets ALS and its causes.

Plain Language Sentences

The **list** includes contact information for CDC-approved type 2 diabetes prevention programs in communities across the United States.

This **information collection about people with ALS** is the only one with information from all over the United States. The facts collected could help scientists learn more about who gets ALS and what causes it.

Disproportionate: uneven, affecting one or more groups more or less than others

CDC Original Sentence

MSM continue to bear the greatest burden of HIV infection, and among races/ethnicities, African Americans continue to be **disproportionately** affected.

Plain Language Sentence

Some groups are affected by HIV **more than** others. Men who have sex with men are **most** affected. African Americans are **strongly** affected, too.

Distribution: where something is located; how something is provided or handed out; how often something, such as a characteristic or event, appears in a group or the pattern of the characteristic or event

CDC Original Sentence

The **distribution**, range and abundance of the lone star tick have increased over the past 20–30 years, and lone star ticks have been recorded in large numbers as far north as Maine and as far west as central Texas and Oklahoma.

Plain Language Sentence

In the past 20 to 30 years, lone star ticks have increased and **spread into new areas** in the country. Lone star ticks are found in large numbers as far north as Maine and as far west as central Texas and Oklahoma.

Dose: amount, number of times

CDC Original Sentence

Some children 6 months through 8 years of age require two **doses** of influenza vaccine. Children in this age group who are getting vaccinated for the first time, as well as some who have been vaccinated previously, will need two doses.

Plain Language Sentence

Some children 6 months through 8 years of age need the flu shot or nasal spray **two times** if they:

- Are getting vaccinated for the first time
- Have been vaccinated before

E

Effect, effectiveness: result, success, consequence, how something works

CDC Original Sentences

The **effectiveness** of birth control methods is critically important for reducing the risk of unintended pregnancy.

The major **effect** of benzene from long-term exposure is on the blood.

Plain Language Sentences

Birth control methods work by lowering the chances a woman will get pregnant when she isn't planning to. Some birth control methods **work better than** others in preventing pregnancy.

Long-term contact with benzene, a dangerous chemical, can **cause** problems with your blood.

Enumerate: count or list

CDC Original Sentences

Although difficult to **enumerate**, annually about 49,000 deaths are attributed to work-related illnesses.

Few established guidelines **enumerate** the core competencies for organizations and individuals to successfully conduct community-based participatory research.

Plain Language Sentences

NIOSH estimates that about 49,000 people die each year because of work-related sicknesses, although it is difficult to **count** everyone and know for sure.

Few guidelines **list** the core skills people and organizations need to carry out successful community-based participatory research.

Ensure: make sure, make certain (Note: Rewrite sentence to make ensure unnecessary, when possible.)

CDC Original Sentence

Facilities need to **ensure** all healthcare providers practice numerous times to make sure they understand how to appropriately use the equipment, especially in the step by step putting on and taking off of PPE.

Plain Language Sentence

Facilities should **make certain** all their doctors and other staff practice using their protective equipment the right way. Staff should practice until they are sure they can do it correctly. This is especially true for putting on and taking off their personal protective equipment (PPE).

Epidemiology, epidemiologic: the study of the spread or pattern of sickness in a group of people

CDC Original Sentence

EIS officers are on the public health frontlines, conducting **epidemiologic** investigations, research and public health surveillance both nationally and internationally.

Plain Language Sentence

CDC's public health workers, such as doctors, nurses, and epidemiologists (provide pronunciation), **study health problems that affect groups of people and communities**. They ask questions and gather and review information about who is getting sick or hurt or is dying because of a health problem and why the problem is happening. They track health problems in the United States and other countries to see if the problems get better or worse over time.

Evaluate: determine, work out, study, test

CDC Original Sentence

The following tools can be used to **evaluate** the costs and burden of various health problems and the effectiveness and efficiency of health programs.

Plain Language Sentence

You can use the tools to **determine** the costs, number of people affected, and consequences of different health problems, as well as the success of health programs. (Note: It would help to know what types of costs.)

Evidence-based: uses facts, data, evidence, scientific studies, and other objective or scientifically derived information; tested; shown to work; proven to work

CDC Original Sentence

[The organization] works with multiple clinical and program sites to increase agencies' capacity to provide **evidence-based** interventions and connect youth to clinic services.

Plain Language Sentence

[The organization] helps clinics and community groups provide programs **shown to work** to prevent teen pregnancies and connect youth to clinic services.

Exposure, exposed: openness or closeness to or not protected from something that can cause harm or sickness; chance of getting sick or being harmed; contact with a chemical by swallowing, breathing, or touching. (Note: When possible, use words or phrases that indicate how the exposure happens or will affect someone or something.)

CDC Original Sentences

Any penetration of the skin by teeth constitutes a bite **exposure**.

People are also **exposed** to secondhand smoke in public places.

Workers at increased risk of UV damage from sun **exposure** include lifeguards, construction workers, agricultural workers, landscapers, gardeners, and other outdoor workers.

How might I be **exposed** to formaldehyde?

Plain Language Sentences

When an animal sick with rabies bites you and breaks the skin, there is a **chance you can get** sick with rabies.

People can also be **harmed** by breathing secondhand smoke in public places.

Workers who have a **higher chance of skin damage** because of long hours in the sun include lifeguards, construction and agricultural workers, landscapers, gardeners, and other outdoor workers.

How might I **breathe, swallow**, or touch formaldehyde?

F

Facilitate: make a process easier, help, guide

CDC Original Sentences

The role of the mediator, or neutral, is to **facilitate** a mutually acceptable resolution to the dispute.

Facilitators manage and **facilitate** distributed groups of people by using a variety of tools and applying their skills in a different environment.

Plain Language Sentences

Mediators, or neutrals, **help create** a solution that everyone is willing to accept.

People who lead groups not in the same physical place have different tools and skills to **help** the group do its work.

Feasible: can be done, workable, will work, possible, can do, doable

CDC Original Sentence

Evaluation involves procedures that are useful, **feasible**, ethical, and accurate.

Plain Language Sentence

Evaluation involves a process with steps that are useful, **doable**, ethical, and accurate.

G

Global, globally: around the world, in the world, in counties other than the U.S. (Note: If the material refers to specific regions or countries, use the region or country names.)

CDC Original Sentence

The World Health Organization reports that without immediate action, the **global** number of deaths from cancer will increase by about 80% by 2030, with most occurring in low- and middle-income countries.

Plain Language Sentence

The World Health Organization reports that immediate action could help prevent a projected 80% increase in cancer deaths by 2030 **around the world**, mainly in low- and middle-income countries.

Glucose: sugar, energy

CDC Original Sentence

What is your blood **glucose** level?

Plain Language Sentence

What is your blood **sugar** level?

Guidelines: rules, steps to follow, directions, recommendations (Note: Even when the official title uses "guidelines," "recommendations" is more likely the common word.)

CDC Original Sentence

Current dietary guidelines for Americans recommend that adults in general should consume no more than 2,300 mg of sodium per day.

Plain Language Sentence

The current **recommendation**s say that American adults shouldn't eat more than 2,300 milligrams (mg) of sodium per day. Salt is a type of sodium.

H

Hazardous: not safe, dangerous, harmful, bad, risky

CDC Original Sentences

Health care workers who prepare, administer, or transport **hazardous** drugs or dispose of **hazardous** drug waste may face risks to their own health such as skin disorders, reproductive disorders, and possibly cancer.

Dermal exposure to **hazardous** agents can result in a variety of occupational diseases and disorders, including occupational skin diseases (OSD) and systemic toxicity.

Plain Language Sentences

Health care workers who **handle or throw away dangerous drugs, such as antiviral or cancer treatment drugs**, could get skin and reproductive problems, and possibly cancer.

Harmful chemicals that touch your skin while you are working could give you skin problems or poison your internal organs.

Health care provider: health care professional; health professional; doctor; nurse; dentist; pharmacist; people who take care of you or provide health care (Note: Whenever possible, be specific about the type of care professional.)

CDC Original Sentence

Women and their doctors or other **health care professionals** need to understand the risks and benefits associated with prescription painkillers and understand that there are solutions to prevent misuse, abuse, and even death.

Plain Language Sentence

Health care professionals need to understand the risks and benefits of prescription painkillers and how their patients can avoid misuse, abuse, and even death from these medicines. Professionals can also educate their patients about these topics.

Health care setting: doctor's office, hospital, clinic, place for tests, lab (patient testing and procedures)

CDC Original Sentence

Health care-associated influenza infections can occur in any **health care setting** and are most common when influenza is also circulating in the community.

Plain Language Sentence

You can get the flu in the **doctor's office, hospital, or clinic**, especially when the flu is spreading in the community.

Health disparities: differences in health among groups of people

CDC Original Sentence

CDC and its partners work to identify and address the factors that lead to **health disparities** among racial, ethnic, geographic, socioeconomic, and other groups so that barriers to health equity can be removed.

Plain Language Sentence

CDC and its partners work to understand why **some groups are less healthy than others**, so that all people have the same chance to be healthy. Reasons some groups aren't as healthy include where they live, how much money or education they have, and how they are treated because of their racial or ethnic backgrounds.

Host: person, animal, or plant that another living thing lives off or benefits from

CDC Original Sentence

Ticks find their **hosts** by detecting animals´ breath and body odors, or by sensing body heat, moisture, and vibrations.

Plain Language Sentence

Ticks find animals to feed off by sensing approaching animals' breath, body smells and heat, sweat, and even vibrations from footsteps.

I

Immune system: body's natural defenses against germs and sickness, body's ability to fight germs and sickness

CDC Original Sentence

Overall, most serious fungal infections are rare, but they do happen. They are most common among people with weak **immune systems**. People with certain health conditions may need to take medications with side effects that can weaken your **immune system** and put you at risk for fungal infections.

Plain Language Sentence

It's not very often that fungi—living things in soil, on plants and trees, and even in homes and on human skin—make people really sick. But, some people have health problems or take medicines that lower the **body's ability to fight germs and sickness**. These people are more likely to get sick from fungi.

Immunization: Process of protecting (a person or animal) from a disease, usually by an action like giving a vaccine. (See Vaccine) Note: Consumer research shows many people know "vaccine" but prefer "shots." Not all vaccines are given as shots.

CDC Original Sentence

Keeping up-to-date **immunization** records for your family, especially your children, is important.

Plain Language Sentence

Keeping up-to-date **shot and vaccine** records for your family, especially your children, is important because you will need those records to register them for school, child care, athletic teams, and summer camps or to travel.

Impact: effect, influence, result (Note: Try to use "impact" as a noun, not a verb. Use "affect" for consequences. When possible, use words like "improve" and "harm," or other words or phrases that provide clear direction and show how something or someone has been affected. For example, *"Antibiotic resistance has limited doctors' ability* (rather than *"affected doctors' ability") to treat certain illnesses."*)

CDC Original Sentence

This model can serve as a framework for focusing and monitoring broader **impact** of CDC science, not just for monitoring the **impact** of individual/single publications/products.

Plain Language Sentence

This model helps focus and track the broad **influence** of CDC science, not just those of one publication or product.

Impaired: driving while influenced by alcohol or drugs; drunk driving; not able to operate fully or properly; disabled; weakened because of other health problems

CDC Original Sentence

Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-**impaired** driver.

Plain Language Sentence

Every day, almost 30 people in the United States die in motor vehicle crashes that involve a **driver who drank too much alcohol to drive safely**.

Implement: apply, set up, put into action, do, carry out, start

CDC Original Sentence

Search or browse through the Community Health Resources Database to plan, **implement**, and evaluate community health interventions and programs that address chronic diseases.

Plain Language Sentence

Search or browse the Community Health Resources Database to plan, **carry out**, and test the results of community health programs that apply to chronic diseases, meaning those that are long-lasting and usually don't have a cure.

Incidence rate: how often an event happens in a group of people in a certain period of time. (Note: If you are calculating the incidence rate, the denominator is the population at risk and the numerator is the number of new cases in the time period.)

CDC Original Sentence

This fact sheet gives an overview of HIV **incidence** in the United States.

Plain Language Sentence

This fact sheet gives an overview of **how many** people in the United States were newly infected with HIV during (insert time period).

Include: Note: Try not to use this term because "include" often creates a hidden or extra verb. Notice how the plain language sentences use action verbs instead of "include."

CDC Original Sentences

Included in these reports are assessments of how well the response operations met objectives, recommendations for correcting gaps or weaknesses, and plans for improving response operations.

Your Exposure Control Plan should **include** a description of how your facility meets each of the basic elements.

Plain Language Sentences

These reports **summarize** how well the response met goals and how to improve future responses.

Your exposure control plan should **describe** how your workplace meets standards for each of the basic elements. (Note: Say the type of workplace)

Incubation period: time elapsed between a person being infected (when the germ enters the person's body) and the first signs of sickness

CDC Original Sentence

Based on information we have to date, the **incubation period** for MERS (time between when a person is exposed to MERS-CoV and when they start to have symptoms) is 2-14 days.

Plain Language Sentence

After MERS enters a person's body, it takes from 2 to 14 days for that person to show the first signs of being sick, based on what we know so far about MERS.

Individuals: people, you

CDC Original Sentence

Individuals who are infected with STDs are at least two to five times more likely than uninfected **individuals** to acquire HIV infection if they are exposed to the virus through sexual contact.

Plain Language Sentence

Having a sexually transmitted disease (STD) makes it more likely **you** will get HIV when you have sex with someone who has HIV. You are at least two to five times more likely than someone without an STD to get HIV when you have sex with someone with HIV. (Note: It would be important to explain what two to five times means and provide a visual representation.)

Infection: when germs get in the body

CDC Original Sentence

Most **infections** with CMV are "silent," meaning most people who are infected with CMV have no signs or symptoms.

Plain Language Sentence

Most of the time, when CMV **gets in your body**, you may not even know because you may not feel sick.

Infectious diseases: sicknesses caused by germs, such as bacteria, viruses, and fungi, that enter the body and grow in number; some of these germs spread from one person to another, and some spread in air, water, food, soil, insects or animals.

CDC Original Sentence

Infectious diseases account for millions of school days lost each year for kindergarten through 12-grade public school students in the United States.

Plain Language Sentence

Kids in public schools in the United States miss millions of school days each year because of **sicknesses caused by germs**.

Inform: tell, share, educate, show, give or provide information for

CDC Original Sentence

These investigations **inform** improvements in industry practices and regulatory changes that make our food safer.

Plain Language Sentence

These investigations **provide information** about how to improve the way we make food and control the quality so food is safer to eat.

Initiative: program, project

CDC Original Sentence

To address the gaps, CDC has developed *Dating Matters®*, a comprehensive teen dating violence prevention **initiative** based on the current evidence about what works in prevention.

Plain Language Sentence

CDC developed *Dating Matters®*, a complete **program** to stop teen dating violence before it happens. The program uses what's proven to work and new information about teen dating.

Intake: take in, eat, put in your body

CDC Original Sentence

In addition to excess sodium **intake**, other factors also influence blood pressure and the risk for heart disease and stroke.

Plain Language Sentence

Your blood pressure and the chances you will have heart disease or a stroke depend on how much sodium is **in the foods you eat** and other reasons. Salt is a type of sodium. (Note: Program should state what the "other factors" included in the original are.)

Integrate: combine with, make part of, bring together, join

CDC Original Sentence

A growing body of science supports the effectiveness of combining these efforts through workplace interventions that **integrate** health protection and health promotion programs.

Plain Language Sentence

Scientific studies show that workplace programs that **bring together** activities that protect workers' health and encourage healthy attitudes and actions have better results.

Intervention: action, treatment, program

CDC Original Sentence

Currently, most **interventions** for children with Fetal Alcohol Spectrum Disorders (FASDs) are often non-specific, unsystematic, and/or lack scientific evaluation or validation.

Plain Language Sentence

Most **programs** to help children with fetal alcohol spectrum disorders (FASDs) don't have enough solid results to show they work.

L

Leverage: use, take advantage of in a positive way

CDC Original Sentence

Therefore, it is important for the organization to **leverage** diversity by strategically capitalizing on the variant knowledge, skills, abilities, talents, perspectives, experiences, working styles, etc. of a diverse workforce and empowering of all employees to use their human differences (physical, social, cultural, cognitive, philosophical) to produce better outcomes in furtherance of the organization's mission (process-oriented).

Plain Language Sentence

Organizations should use all employees' different knowledge, skills, abilities, talents, perspectives, experiences, and working styles to accomplish the organization's mission. Organizations should also help employees **take advantage** of their differences to get better results for the organization. (Note: Include what "etc." refers to or leave it out.)

Limited number: few, not many, small number

CDC Original Sentence

A **limited number** of time slots are available and will be assigned on a first come-first served basis.

Plain Language Sentence

The people who arrive first will get the **few** available time slots.

Localized: in a small area, in one place, spot

CDC Original Sentence

If there is a cut or scratch in the skin, a **localized** infection with ulceration may develop within 1 to 5 days at the site where the bacteria entered the body.

Plain Language Sentence

Your skin may get red and swollen or get an open sore and pus **at the spot** where germs got into a cut or scratch. This reaction may happen as soon as 1 day or as long as 5 days after you get the cut or scratch.

Long-term: for a long time, over a long period, specific amount of time

CDC Original Sentence

The risk of illness or injury increases with duration of travel, so special consideration should be given to travelers who are planning **long-term** visits (≥6 months is a common definition) to low- or middle-income countries.

Plain Language Sentence

Travelers who visit low- to middle-income countries for **6 months or longer** are more likely to get sick or hurt in an accident.

M

Maintain: keep, keep up, care for, look after, save, support, take care of

CDC Original Sentence

If you live alone, **maintain** social ties with coworkers, friends, and family members.

Plain Language Sentence

Keep in touch with coworkers, friends, and family members if you live alone.

Manage: control, direct, be in charge of, take care of, watch, pay attention to

CDC Original Sentence

Teach your child to **manage** diabetes at school by encouraging physical activity and healthy eating as well as medication and testing routines.

Plain Language Sentence

Encourage your child to be active and eat foods that keep diabetes **under control** while at school. Also, teach your child about the right way to test blood sugar and take medicines.

Medical facilities: doctor's office; doctors' offices; hospitals; clinics; nursing homes; places for tests; labs (patient testing and procedures)

CDC Original Sentence

Infections from Clostridium difficile (*C. difficile*), a bacteria that causes diarrhea and other health issues, is a patient safety concern in all types of **medical facilities**, not just hospitals as traditionally thought, according to a new Vital Signs report today from the Centers for Disease Control and Prevention.

Plain Language Sentence

Hospitals aren't the only places where patients can get sick with Clostridium difficile (C. diff), a germ that can cause diarrhea and other health problems. People can also get sick with this dangerous germ in **doctors' offices, clinics, nursing homes, and labs**, according to a Vital Signs report from the Centers for Disease Control and Prevention.

Medication: medicine

CDC Original Sentence

If you are pregnant or thinking about becoming pregnant, talk with your doctor about any **medications** you are taking or thinking about taking.

Plain Language Sentence

If you are pregnant or thinking about becoming pregnant, talk with your doctor about any **medicine** you are taking or thinking about taking.

Methods: how the study was done or carried out

CDC Original Sentence

Major changes to BRFSS survey **methods** began in 2011.

Plain Language Sentence

Major changes to the way researchers **carry out** the BRFSS survey began in 2011.

Modify: change, fix

CDC Original Sentence

Modify recipes to reduce the amount of fat and calories.

Plain Language Sentence

Change recipes so they have less fat and fewer calories.

Monitor: check, watch

CDC Original Sentence

You will only know the success of the plan if you **monitor** your progress.

Plain Language Sentence

You will only know the success of the plan if you **check** your progress from time to time.

Morbidity: sick, sickness

CDC Original Sentence

Maternal **morbidity** includes physical and psychologic conditions that result from or are aggravated by pregnancy and have an adverse effect on a woman's health.

Plain Language Sentence

Women who've given birth can **get sick** because of physical and psychological reasons that pregnancy causes or makes worse.

N

Numerous: many, list a specific number

CDC Original Sentence

From the moment babies are born, they are exposed to **numerous** bacteria and viruses on a daily basis.

Plain Language Sentence

From the moment babies are born, they come in contact with **many** germs—both bacteria and viruses—every day. (Note: If space permits and the difference is important for understanding the rest of the content, then explain bacteria and viruses.)

O

Optimal: best, ideal, best way

CDC Original Sentence

It is estimated that only about 17% of U.S. adults are considered to be in a state of **optimal** mental health.

Plain Language Sentence

Mental health experts estimate that only about 1 in 5 U.S. adults has the **best possible** mental health. (Note: Use whole numbers instead of decimals, fractions, or percentages when possible. Also, examples of best possible mental health would help make the idea more concrete.)

Outcome: result

CDC Original Sentence

Well-being is a positive **outcome** that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well.

Plain Language Sentence

People, groups, and organizations care about well-being as a positive **result**. We know that people think their lives are going well when they report high levels of well-being.

P

Permissible: allowed, allowable, you can

CDC Original Sentence

NIOSH engineers designed and evaluated a local exhaust ventilation (LEV) system that effectively reduces embalmer's exposure to formaldehyde below the OSHA permissible limit of 0.75 ppm, as an 8-hr time-weighted average exposure.

Plain language Sentence

NIOSH engineers designed and tested a local exhaust ventilation (LEV) system that successfully lowers embalmers' contact with formaldehyde, a possibly harmful chemical. The lower level is below the OSHA **allowed** maximum of 0.75 parts per million. The maximum is based on average contact with formaldehyde during an 8-hour period.

Persons: people

CDC Original Sentence

Advances in the early diagnosis, treatment, and care of HIV+ **persons** have helped many people enjoy increased health and longer life.

Plain Language Sentence

People who are HIV-positive have better health and longer life because HIV diagnosis, treatment, and care have improved.

Pertinent: relevant, important

CDC Original Sentence

Segue: Brief summaries of articles on **pertinent** emerging issues published elsewhere.

Plain Language Sentence

Segue: Article summaries on new issues published elsewhere. (Note: Many times, "pertinent" is unnecessary. CDC doesn't publish things that aren't pertinent.)

Population: group, everyone in a group or a select group of people specific to a place, trade, condition (Note: You can use number of people affected.)

CDC Original Sentence

The future health of the nation will be determined to a large extent by how effectively we work with communities to eliminate health disparities among those **populations** experiencing a disproportionate burden of disease, disability, and death.

Plain Language Sentence

How healthy we are as a country depends on getting rid of differences that cause **millions of people** to be less healthy, have more disabilities, and die earlier than expected.

Prevalence: number or percentage of people with a sickness or condition (Note: Specify the time period.)

CDC Original Sentence

Studies in Asia, Europe, and North America have identified individuals with ASD with an average **prevalence** of about 1%.

Plain Language Sentence

About 1 in 100 people in Asia, Europe, and North America have autism spectrum disorder (ASD).

Prevalent: widespread, common, everywhere, many people or places

CDC Original Sentences

In the United States, arthritis, falls, and fall injuries are highly **prevalent** conditions among middle-aged (aged 45–64 years) and older (aged ≥65 years) adults.

Pharmacologic treatment is extremely **prevalent**.

Plain Language Sentences

Adults 45 years and older in the United States **commonly** have arthritis and fall injuries.

Treating people with prescription medicines is very **common**.

Preventable: can keep from happening

CDC Original Sentence

A mother's alcohol use during pregnancy is one of the top **preventable** causes of birth defects and developmental disabilities.

Plain Language Sentence

If a mother drinks during pregnancy, it can often cause birth defects and problems with her child's growth and abilities. The good news is there are ways to **keep** a baby from being born with these problems.

Prolonged: State the period of time, when possible; if not, "lengthy" or "a long time" is a more common term.

CDC Original Sentences

Untreated heavy or **prolonged** bleeding can stop you from living your life to the fullest. It also can cause *anemia*.

Teens and adults, especially those who haven't been vaccinated, may have a **prolonged** cough that keeps them up at night.

Plain Language Sentences

Heavy or **long-lasting** bleeding that goes without treatment can cause anemia and stop you from enjoying life.

Teens and adults, especially those who haven't been vaccinated, may have coughing fits **that can go on for up to 10 weeks or more**.

Public health: the public's health; the health of groups or many people

CDC Original Sentences

The Office of Public Health Genomics developed, maintains and updates the Genomic Applications in Practice and Prevention Knowledge Database, an online database that captures emerging genomic tests with the potential to impact **public health**, which currently includes over 540 genomic tests.

Access to interventions is a critical **public health** concern.

Plain Language Sentences

The Office of Public Health Genomics developed, maintains, and updates the Genomic Applications in Practice and Prevention Knowledge Database, an online database with over 540 genomic tests. The tests may be important for understanding, protecting, and improving **the health of many people** whose genes help cause health problems.

Health professionals who work on problems that often are widespread and affect many people **are concerned** that people with (condition or disease) can't get the help they need.

R

Range: go from, include, space between two points

CDC Original Sentence

ASDs are "spectrum disorders;" that means ASDs affect each person in different ways, and can **range** from very mild to severe.

Plain Language Sentences

Autism spectrum disorders (ASDs) affect each person in different ways. ASDs are called "spectrum disorders" because the symptoms **can be anywhere between** mild and strong.

Reduce: lower

CDC Original Sentences

There are many ways parents can **reduce** a child's exposure to lead.

There may be several ways to **reduce** your risk of developing lung cancer.

Plain Language Sentences

Parents can do several things to protect their children from lead. (Note: Sentence was rewritten to focus on positive, protective behavior rather than exposure risk.)

You can do several things to **lower** the chances you will get lung cancer.

Referral: ask to see another health professional, when a health professional sends a patient somewhere else for care, get a second opinion, ask or send information

CDC Original Sentence

Such individuals can be identified by partner services programs through a variety of methods, such as disease reporting systems, **referrals** from STD clinics or counseling and testing sites, and referrals from private sector health-care providers.

Plain Language Sentence

Partner service programs can find people who need help by:

- Using disease reporting systems.
- **Asking** other STD clinics, counseling, and testing sites.
- **Asking** doctors, nurses, clinics, and hospitals.

Respiratory: breathing; related to the nose, breathing tubes, and lungs

CDC Original Sentence

Influenza (also known as the flu) is a contagious **respiratory** illness caused by flu viruses.

Plain Language Sentence

The flu, also known as influenza, usually affects a person's nose and throat, causing a runny nose, sore throat, and cough. In severe cases, flu can also affect a person's **lungs and ability to breathe** normally. The flu is caused by germs that pass easily from one person to another.

Response: what people, groups, or organizations do after something else happens

CDC Original Sentence

CDC uses the Incident Management System (IMS) to manage **responses**.

Plain Language Sentence

CDC uses the Incident Management System (IMS) to organize activities **to protect people's health after an emergency**.

Risk: chance, likelihood, reason for a health problem

CDC Original Sentence

You can reduce your **risk** of getting cancer in a variety of ways, including keeping a healthy weight, avoiding tobacco, limiting the amount of alcohol you drink, and protecting your skin.

Plain Language Sentence

You can lower your **chances** of getting cancer by keeping a healthy weight, not using tobacco or drinking too much alcohol, and protecting your skin from too much sun.

Risk assessment: quiz, questionnaire, or other method to find out a person's or group's chances of having a health problem

CDC Original Sentences

The online Hepatitis **Risk Assessment** is designed to determine an individual's risk for viral hepatitis and asks questions based upon CDC's guidelines for testing and vaccination.

A **risk assessment** is an analysis that uses information about toxic substances at a site to estimate a theoretical level of risk for people who might be exposed to these substances. The information comes from scientific studies and environmental data from a site. A **risk assessment** provides a comprehensive scientific estimate of risk to persons who could be exposed to hazardous materials present at a site.

Plain Language Sentences

The online hepatitis **quiz** can help you find out if you are more likely to have a viral hepatitis infection.

Scientists use information from studies and places with damage from harmful chemicals **to estimate if people might have a greater chance** of getting sick because they were in contact with the harmful chemicals. (Note: Provide risk context by adding where or why people might have a greater chance of getting sick.)

Risk factor: anything that makes it more likely, is the reason for, or increases the chance a person or group of people will get sick, hurt, or die. People's beliefs and attitudes, what they do and don't do, where they live and work, their age, and family health history are some of the reasons people are more or less likely to develop health problems.

CDC Original Sentences

Cigarette smoking is the number one **risk factor** for lung cancer.

Stroke **risk** factors include age and behaviors such as smoking.

Plain Language Sentences

Cigarette smoking is the number one **reason** people get lung cancer.

How old you are and the things you do, such as smoke cigarettes, will increase your **chance of having a stroke**. (Note: Program should specify which ages are most affected. It would also be more concrete to state which behaviors increase the risk.)

S

Screening: testing or checking to see if a person is healthy or sick

CDC Original Sentence

Cervical cancer is the easiest female cancer to prevent, with regular **screening** tests and follow-up.

Plain Language Sentence

Regular **tests to find** cervical cancer make it the easiest female cancer to catch early. (Note: Program should say how often "regular" is.)

Seek: get, ask for, see, look for

CDC Original Sentence

Travelers who become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after returning home (for up to 1 year) should **seek** immediate medical attention and should tell the physician their travel history.

Plain Language Sentence

Travelers who get a fever or flu-like sickness while in an area with malaria or within a year after returning should **see** a doctor immediately. They should tell the doctor they were in an area with malaria.

Severe: strong, serious, harmful, dangerous, very bad

CDC Original Sentence

It can cause mild to **severe** illness, and at times can lead to death.

Plain Language Sentence

The flu can make you a little sick or **very** sick. For example, you may only have a cough and runny nose, or you may get something like a lung infection. The flu can even kill you.

Stakeholders: a person or group with an interest or concern in something (Note: It's better to be specific about the groups you mean.)

CDC Original Sentence

If you've followed the social marketing process thus far, you should have a good idea of who your **stakeholder**s are.

Plain Language Sentence

If you've followed the social marketing process so far, you should have a good idea of the **groups interested** in your organization.

Surveillance: collecting or gathering of information

CDC Original Sentence

Occupational surveillance data are used to guide efforts to improve worker safety and health, and to monitor trends and progress over time.

Plain Language Sentence

We **gather informatio**n from places where people work so we can improve worker safety and health.

Sustain: keep going over time, support, encourage

CDC Original Sentence

Mobilize and **sustain** support for TB elimination by engaging policy and opinion leaders, health care providers, affected communities, and the public.

Plain Language Sentence

We need policy and opinion leaders, health care providers, and communities that have suffered because of tuberculosis to **keep working** together to get rid of TB.

T

Toxic, toxigenic: poisonous

CDC Original Sentence

While certain molds are **toxigenic**, meaning they can produce **toxins** (specifically mycotoxins), the molds themselves are not **toxic**, or poisonous.

Plain Language Sentence

Some molds can create **poisons**, which can make you sick, but the molds themselves aren't **poisonous**.

Transmit, transmission: spread, pass to others

CDC Original Sentence

Although each can cause similar symptoms, they have different modes of **transmission** and can affect the liver differently.

Plain Language Sentence

The three types of hepatitis can cause similar symptoms, but they don't **spread** from person to person the same way. The three types also can hurt your liver in different ways.

U

Utilize: use

CDC Original Sentence

Both Charter and non-Charter counties have the legal option of **utilizing** a county administrator position to perform administrative affairs of the board.

Plain Language Sentence

Counties can legally **use** a county administrator position to handle administrative work for the board.

V

Vaccine: shot, protection against a disease

CDC Original Sentence

Flu **vaccines** cause antibodies to develop in the body about two weeks after **vaccination**.

Plain Language Sentence

Your body needs about two weeks to build protection against the flu after you get a **shot or spray in your nose to prevent the flu**.

Valid: good for, lasts

CDC Original Sentence

The certificate of yellow fever vaccination is **valid** for 10 years, beginning 10 days after the date of primary vaccination.

Plain Language Sentence

The yellow fever certificate **lasts** for 10 years, beginning 10 days after you got the shot.

Virus: germs that need a living thing, such as people, animals, or plants, to survive. The germs get into a cell, take it over, and force it to copy the germs so they increase in number and spread through the body. (Note: Depending on the audience, "virus" may be a familiar term. When the communication objective includes explaining the difference between bacteria and viruses, you may need to use "bacteria" and "virus" rather than "germs." You can use the plain language explanations to help readers understand the differences. (Also see: Bacteria)

CDC Original Sentence

The rabies **virus** is transmitted through saliva or brain/nervous system tissue.

Plain Language Sentence

You get rabies **germs** from the spit, brain, or nervous system tissue of an animal that is sick with rabies.

CHP Handount #3

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
Office of the Associate Director for Communications

CS263546-B