

Catch Word #36 – To come down with something

Transcript

Jessie: Hi, this is Jessie ...

Maura: And Maura ...

Jessie: And this is our Catch Word podcast, where we take a close look at words or expressions.

Maura: Exactly. We break it down, and we give examples, and we talk about how the expression is used in everyday life.

Jessie: And remember, if you want to know more about this episode or listen to our other episodes, just visit our website.

Maura: Yeah, that's Culips: C-u-l-i-p-s.com.

Jessie: And if you become a member, you can have access to the Lipservice for all our episodes, and in Lipservice you can find stuff like transcripts, Detailed Explanations, and more.

Maura: Don't forget to go to the website. Signing up to become a member is really easy. So Jessie, how are you feeling today?

Jessie: Well, I'm a little bit sick.

Maura: Yeah, I can hear it in your voice. You're not feeling well, **eh**?

Jessie: Yeah, my nose is kind of stuffed up, it feels like it's blocked, I'm coughing a lot.

Maura: Yeah, I understand. I was actually sick last week.

Jessie: Oh yeah? You're feeling better now?

Maura: Yeah, my throat hurt a lot and I was tired, but yeah, I'm feeling better.

Jessie: That's good.

Maura: So, let's look at today's expression.

- Jessie: Well, it's kind of a **coincidence**, 'cause the first expression we're going to look at today is: **coming down with something**.
- Maura: Yeah, **to come down with something**.
- Jessie: If you're **coming down with something**, that means you're starting to get sick.
- Maura: You can say, "**I'm coming down with something**," and it means that maybe you're starting to feel sick, or tired, or you have a **sore throat**.
- Jessie: Right. If you know exactly what you're getting—how you're going to be sick—you might say, "**I'm coming down with a cold**."
- Maura: Yeah, if you know it's a cold you could say, "**I'm coming down with a cold**," or "**I'm coming down with the flu**."
- Jessie: Right. Or if you just want to be more general, "**I'm coming down with something**."
- Maura: Yeah, right. So, let's give them an example.
- Jessie: Well, when you asked me how I was feeling, instead of "I'm getting sick," I could have said "Oh, **I'm coming down with something**."
- Maura: Right, so **coming down** is really at the beginning, when you first start to feel sick.
- Jessie: Right. So, if you notice that your friend's voice sounded a little weird, it sounded like their nose was plugged, you might say, "Are you OK? You sound like you're **coming down with something**."
- Maura: Yeah, exactly. So, it's the beginning of feeling sick.
- Jessie: Right.
- Maura: Now, that's the beginning, what is the expression for kind of the middle, when you are sick?
- Jessie: Well, I can tell you that one 'cause that's where I am right now.
- Maura: Yeah, what is it?
- Jessie: Well, I'm going to say that I'm **feeling under the weather**.

- Maura: We say, "I'm **feeling under the weather**" when we feel sick.
- Jessie: Right. Or you can just say you are **under the weather**.
- Maura: Yeah, so when you're feeling sick, or not well in general, you can use this expression.
- Jessie: Right, so you might call your boss on Monday morning and say, "You know, I don't think I can come in today, I'm really **feeling under the weather**."
- Maura: Yeah, and **feeling under the weather** is very general; you could have a cold, you could have the flu, you could have a really big headache, or stomach problems, it's really general.
- Jessie: Yeah, you could be sick in any way. You know, I heard that there's an interesting origin for the phrase **feeling under the weather**.
- Maura: Yeah, it possibly comes from sailors, like the people on boats.
- Jessie: OK.
- Maura: So, when there's really bad weather, and you're on a boat, it's obviously very difficult.
- Jessie: Right, there would be big waves, and the boat would be moving all around.
- Maura: Yeah, so the boat is moving a lot and often you become sick because the boat is moving so much.
- Jessie: Yeah, I've heard about people getting really sick because of a boat moving.
- Maura: Exactly! So, sometimes when someone is sick, they have to go to the bottom of the boat to stay inside.
- Jessie: So, if you're going to the bottom of the boat that means now you have a ceiling over your head so you're **under the weather**, it can't get you anymore.
- Maura: Yeah, that's true. So, right, we have **coming down with something** at the beginning when you start to feel sick, **under the weather** when you are sick, and then after a few days or a week, you usually start to feel better, right?
- Jessie: I hope so!

- Maura: So, what expression do we use at the end of a cold?
- Jessie: Well, we can say that we're **getting over a cold** or **getting over the flu**.
- Maura: So when someone is starting to feel better, they're starting to recover, we can use the expression **to get over something**, or **to get over a cold**.
- Jessie: Right. That means you're feeling better; soon the cold will be over.
- Maura: For me, like I said, I was sick last week, but now I'm starting to feel better. I could say I'm **getting over my cold**.
- Jessie: Right, so if someone came up to me and said, "Hey, how are you doing?" I could say, "Oh, I'm OK, I'm **getting over a cold**, but I'm starting to feel better now."
- Maura: Right. Yesterday, my friend invited me to a party, but I said I couldn't go because I was **getting over a cold**.
- Jessie: That's good. Yeah, **getting over a cold** means it's not quite finished yet, but you're starting to feel better, so you still might not feel like going to a party.
- Maura: Yeah, you don't have enough energy because you're still a little bit sick. OK, cool. So, let's review the expressions we looked at today.
- Jessie: So, we said when you first start feeling sick, you feel like you're catching something: you're **coming down with a cold**. And then once you got that cold, you can say you're **feeling under the weather**.
- Maura: Right.
- Jessie: And when you start to get better, you're feeling better, you can say that you are **getting over a cold**.
- Maura: Right, so all of the steps when you're sick: the beginning, the middle, and the end.
- Jessie: Exactly. Now you can get through your whole sickness and always know what to say in English.
- Maura: Right. So, since Jessie you're **feeling under the weather**, let's end the podcast now.

Jessie: Yup, if anyone else out there is **feeling under the weather**, we hope you **get over your cold** soon.

Maura: Yeah, get **better soon**. This has been Maura ...

Jessie: And Jessie.

Maura: Bye.

Jessie: Bye.

Detailed Explanation

To come down with something

To come down with something simply means to start feeling sick. This is always used at the beginning of your sickness. It is not used for any serious illness (like cancer or diabetes), but just for regular colds and flus and generally feeling bad.

We give you tons of examples in this episodes, but here is one more.

Julian: I don't feel very well. I think I am coming down with something.
Jared: That's too bad. I had a cold last week.

So if we are not sure what we have we can say *something*, but if we think that we have a cold or the flu, we can replace *something* with the type of sickness we have.

Here are some examples using *cold* and *flu*.

Andrew: That's a bad cough you have.
Kylie: Yeah, I came down with a cold a couple days ago.

Bette: Hey, are you doing all right?
Jackie: I think I am coming down with the flu that my daughter has.

And in general, when we use *down* in expressions it often has a negative meaning.

To catch something, like a cold or the flu, means that you are becoming sick too. Jessie uses this expression at the end of our episode. Listen all the way to the end to hear it.

We can use the same examples above with the expression *to catch a cold*.

Andrew: That's a bad cough you have.
Kylie: Yeah, I caught a cold a couple days ago.

Bette: Hey, are you doing all right?
Jackie: I think I caught the flu that my daughter has.

Eh?

Eh? is a very Canadian expression. In many parts of Canada, and some parts of the USA, this is popular interjection. An interjection has no grammatical connection with the rest of the sentence.

We use *eh?* at the end of a sentence to change it into a kind of question. In some cases, we use *eh?* because we want the other person to show interest, or comprehension, or to agree with us.

In this episode Maura says, “You’re not feeling well, eh?” She probably does this because she wants Jessie to agree with her or confirm her idea.

Here are some other examples.

Shelly: It’s such a nice day today, eh?
Bob: Yeah, it is a really nice day.

Justin: I can’t believe there was a fire last night.
Pauline: I know. It’s crazy, eh?
Justin: Yeah!

Mika: I am so glad that exam is done.
Patrice: It was so hard, eh?
(There is not always a response to *eh?*)

There are many variations on *eh?* like *Hey?* or *Yeah?* or *Right?*

Coincidence

A coincidence is when two or more things happen at the same time, or hold the same position without an obvious connection. There is often no relation between the coincidental events or situations.

Jessie says that it is a coincidence that we are doing this episode. Doing a podcast about being sick is a coincidence for Jessie because she is sick.

Here are some other coincidences.

Graham: Is it OK if we stop at the drycleaners? I have to pick up some shirts.
Laurie: What a coincidence! I have to go to the drycleaners too.
(The coincidence is that Graham and Laurie both have to go to the drycleaners.)

Samantha: Hey! Lydia! What are you doing here?
Lydia: Hi Sam. I am going to see the new Brad Pitt movie.
Samantha: That is such a coincidence because I am going to see that movie too.
(The coincidence is that Samantha and Lydia are both going to see the same movie.)

(On the telephone)
Bob: Hello?

Andrea: Hi Bob. How's it going?

Bob: Andrea! I was just going to call you. What a coincidence!

(The coincidence is that Bob and Andrea both wanted to call each other)

A popular expression with the word *coincidence* is *What a coincidence*.

Sore throat and other symptoms

We talk a lot about being sick in this episode and we mention a few different kinds of symptoms (some evidence that you are sick).

Coughing is a sign of feeling sick. Sometimes we cough because our throats feel dry.

We use a sore throat as an example. The throat is inside the neck. And *sore* means that it does not feel good or healthy.

Jessie also talks about a plugged nose. A plugged nose means that you have a lot of mucus in your nose, your breathing is blocked (or it is hard to breathe) and you probably have to wipe your nose a lot. A person can also say that they feel stuffed up when their nose is plugged.

Did you hear Jessie sniffle? She sniffles because her nose is runny (this also means there is a lot of mucus in your nose and it is coming out!) Sniffling is also a sign of being sick.



A headache is when your head aches. When something aches it means that it is painful and it hurts. You can also say, "My body aches," or "I have a stomach ache." We also talk about stomach problems in this episode. A stomach ache and stomach problems are basically the same thing.

We definitely aren't doctors at Culips! But here is a short list of other symptoms we didn't mention in the episode.

- Fever (high temperature)
- Fatigue (feeling very tired)
- Sneezing (involuntary rush of air through nose and mouth, sounds like *Ah-choo*)
- Aches (sore muscles)

To feel under the weather



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To feel under the weather or *to be under the weather* means you feel sick. *To feel under the weather* could mean that you have a stomach ache or a headache or even just feel really tired.

Here are some more examples with *to feel under the weather*.

- Kevin: Hey John. How are you today?
John: I'm all right. I am feeling a bit under the weather though.
- Barbara: How is Shelly feeling now?
Gary: She is still feeling under the weather.
- Carl: Is Tim still under the weather?
Lisa: Yeah, but I think he will be back to work on Monday.

The origin of this expression is really interesting. It comes from sailors (people who sail boats) who got sick from too many waves (also called *seasickness*). The sick people had to go below, into the bottom of the boat. From this the expression started, *to be under the weather*.

This is the most popular origin posted online but there are also others. Like other expressions that we have talked about, no one is certain of the exact origin of this expression.

To get over something

First you come down with something, then you feel under the weather, and finally you get over it. *To get over something* means that you are starting to feel better after being sick.

You can get over a cold or the flu or any other kind of common illness. We don't use this expression for more serious illnesses. We can also say someone is recovering or feeling better.

Here are some examples with *to get over something*.

(On the telephone)

- Mary: Hello?
Helen: Hi Mary. Are you sick? Your voice sounds like you have a cold.
Mary: I am just getting over a cold from last week.
- Andrew: Do you want to go out tomorrow night?
Patrick: I am getting over the flu, so I think I should probably stay in.

To be over it can mean that the cold is finished.

Nancy: Are you still sick?

Felix: No, I'm over it now. Let's go out tonight!

To be over in general can mean that something is finished.

Here are some examples.

Paul: I arrived at the hockey game late.

Doug: Did you see any of it?

Paul: I tried to get there to see the end, but it was over when I arrived.

Tracy: How are things going with your new boyfriend?

Jamie: It's over.

Get better soon!

At the very end of the episode, Maura says, "Get better soon." This is an expression used to wish someone is healthy again. It is a good expression to use when you are talking or communicating with someone who is sick. *Get better soon* or *Get well soon* is a fixed expression.

Here are a couple examples.

Karina: Take the time to rest on your day off today.

Chris: Thanks.

Karina: Get better soon.



At the end of an email you could write: *I heard you broke your leg. Get well soon.*

Quiz (see the answers at the end of this Lipservice)

- 1. Which expression is used when someone starts to feel sick?**
 - a) to feel under the weather
 - b) to come down with something
 - c) to get over it
 - d) to get better

- 2. What are two common illnesses people get?**
 - a) cold and warm
 - b) a cold and the flu
 - c) a flu and a flip
 - d) a flu and colder

- 3. What is the possible origin of the expression *to be under the weather*?**
 - a) sailors feeling sick because of bad weather
 - b) people getting sick when it rains a lot
 - c) mailmen feeling sick under umbrellas
 - d) patients feeling healthy after they see a doctor

- 4. A sore throat, a cough, and the sniffles are all examples of what?**
 - a) parties
 - b) fun
 - c) health
 - d) symptoms

5. Karla: Are you feeling better now?
Ben: Yeah, I am finally starting to _____.

Please fill in the blank.

- a) get over it
- b) feel under the weather
- c) come down with something
- d) get under it

6. What is the popular Canadian interjection missing from this sentence?

It is such a beautiful day, ____?

- a) right
- b) yeah
- c) eh
- d) OK

7. Jessie was sick during the recording of this episode about being sick.
This is a _____.

Please fill in the blank.

- a) coin
- b) conscious
- c) coincidence
- d) conscience

Answers: 1.b 2.b 3.a 4.d 5.a 6.c 7.c