Everyday Words for Public Health Communication
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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.
**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.
**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.”)
**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.
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
**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?
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.
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 recommendations say that American adults shouldn't eat more than 2,300 milligrams (mg) of sodium per day. Salt is a type of sodium.
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.
**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.
**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.
**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.
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.)
**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.
**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.
**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.)
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 stakeholders 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 information 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.
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.
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.
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.