



Mi Universidad

SUPER NOTA

Nombre del Alumno: Anayely de la cruz arias

Nombre del tema: ¿Qué ocurre?

Nombre de la Materia: Ingles III

Nombre del profesor: José Jesús Hernández

Nombre de la Licenciatura: Enfermería

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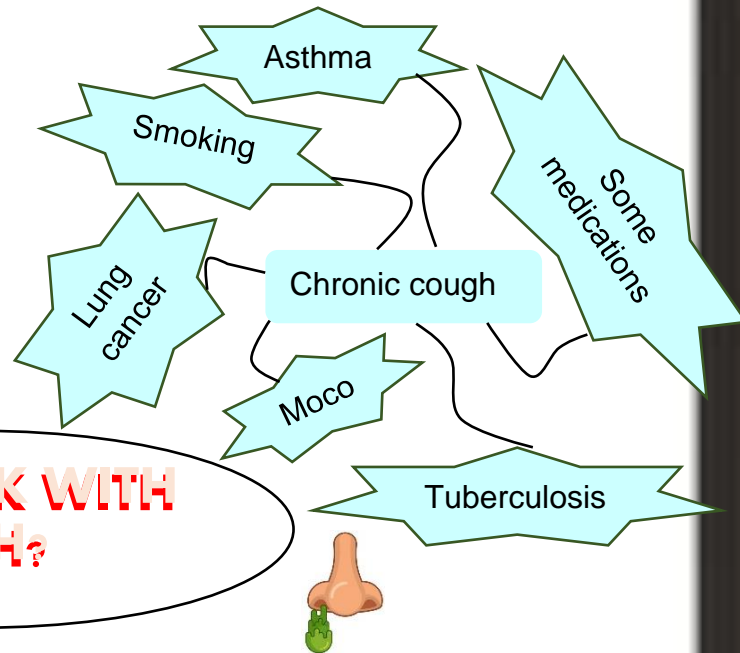


Cough is a physiological mechanism for defense of the body, with the aim of eliminating foreign particles in the respiratory apparatus.

The cough is a reflex that originates in the airways and aims to expel from them substances that are strange to them.

Symtoms

- Drip or nasal congestión
- Throat pain
- Hoarseness
- Difficulty breathing
- Stomach acidity



AM I SICK WITH A COUGH?



If the cough is caused by a cold or flu, you must rest, drink liquids and let it pass by yourself. If, on the other hand, it is caused by viral infection and persists for more than two weeks, medical attention will be needed. A doctor can perform diagnostic tests such as chest x-rays and send a phlegm sample to a lab to analyze the cause of the infection.



Water and hot liquids such as broth, tea, or juice can ease the throat and help dilute the mucus.

Oregano tea



Tea

- Lemon
- Onion
- Honey