

**José Manuel Martínez Valdez**



**Actividad II de Plataforma**

**Bachillerato en Recursos Humanos**

Inglés 4

**Georgina Olivia Vidal**

**Cuarto Cuatrimestre**

**Octubre 2023**

Here are some remedie that may help alleviate COUGH symptosm:

- Honey
- Probiotics
- Bromelain
- Peppermint
- Marshmallow root



If the COUGH is chronic, medications such as antihistamines, corticosteroids, descongstants, inhaled asthma drugs, antibiotics, and acid blokers may be used.

Attentively: Dr. Suárez Morales

A handwritten signature in black ink, appearing to read 'Suárez Morales', written in a cursive style.

Here are some remedie that may help alleviate FEVER symptosm:

A of 18 years old and with a FEVER higher tan  $38.9^{\circ}\text{C}$ , take paracetamol, ibuprofen or aspirin.

Be careful not to take more tan one medicine containing acetaminophen.

Call the Doctor if the fever does not go down with the medicine.



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Here are some remedie that may help alleviate FLU symptosm:

- Drink much liquid.
- Rest completely.
- Eat healthy food.
- Take antivirals and antihistamines.



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Here are some remedie that may help alleviate STOMACHACHE symtосm:

- Sitting upright.
- Sipping cool water.
- Applyig moderate heat.
- Gently rubbing your tummy.



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Here are some remedie that may help alleviate HEADCHE symptom:

- Take acetaminophen, aspirin, naproxen sodium, ibuprofen.
- Treatment depends on your diagnosis and symptoms.
- Rest in a quiet, dark room.
- Hot or cold compresses on the head or neck.



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