

UNIT 2: APPEARANCE AND HEALTH

cough

- Drink liquids
- suck hard candy
- take honey
- take a steam shower
- drink hot tea
- take cough syrups

fever

- Drink plenty of fluids to stay hydrated.
- Wear light clothing
- Use a light blanket if you feel cold, until the chills pass.
- Take paracetamol
- use wet towels and put it on your forehead

Stomachache

- drink water
- Avoid lying down
- Ginger
- Avoid smoking and drinking alcohol
- Avoid foods that are difficult to digest

flu

- Extreme hygiene
- Avoid direct contact
- The flu vaccine
- Avoid alcohol and tobacco consumption.
- Drink plenty of fluids,

Headache

- drinkn water
- take vitamin B.
- apply a cold compress.
- use essential oils.
- get enough sleep.

