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## medical suggestions

- **Cough-tos**

To cure cough you should gargle with salt water, they are effective for treating sore throat and wet cough.

- **Fever-fiebre**

To treat fever you should take a paracetamol or ibuprofen pill.

- **Flu-gripe**

To relieve the flu you should eat a tabcin 500 effervescent tablet 2 times a day.

- **Stomachache-dolor de estómago**

For stomach pain, it is advisable to take a paracetamol pill, and avoid taking heavy things and eat healthier things (boiled vegetables, fruits).

- **Headache-dolor de cabeza**

For headaches it is advisable to take aspirin, paracetamol or ibuprofen or you should also rest in a dark room.