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MATERIA: ENGLIS.

NOMBRE DEL PROFE: GEORGINA

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PARCIAL: 2DO.

CUATRIMESTRE: 4TO

RH

SUGGESTIONS



H E A D A C H E .

1. Go for a walk
2. Apply cold to the head....
3. Take a relaxing shower or bath....
4. Get a head massage....
5. Wear sunglasses.





COUGH .

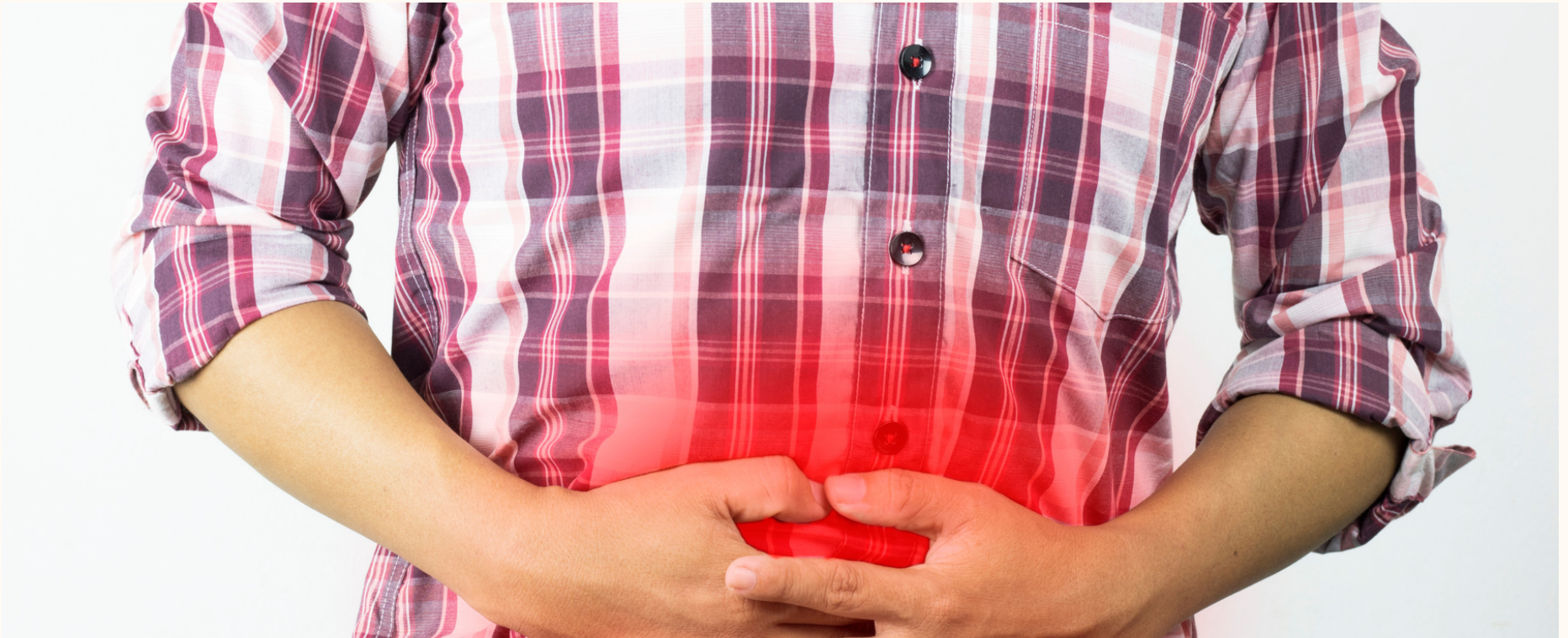
- you should suck on cough drops
- you should cut a purple onion and have it on night stand to prevent you from having cough while sleeping
- you should avoid smoking

FLU



- you should drink many fluids
- you should drink anti-flu every 8 hours
- you should use a humidifier to help your environment be better for you
- you should take antiviral medication

S T O M A C H A C H E



- You should drink a lot of clear fluids
- you should reduce your coffee intake
- you shouldn't drink any alcohol or tea
- you should avoid any greasy food
- you should use a heating pad