



DIEGO EDUARDO CRUZ AGUILAR

BRH 4TO

PARCIAL 2

ILLNESS

You should..

Cough

You can drink hot tea, hot water whit lots of honey or lemon luice whit garlic

Flu

you should sleep or rest a lot, drink plenty of fluids and take paracetamol

Fever

you should drink plenty of water to avoid dehydration, wear lighth clothing and take warm water baths

Stomachache

you should drink thyme or chamomile tea and not eat heavy or irritating things

Headache

Don't use too much electronic devices, have too much repose and drink ibuprofeno