

# WDS

## SUPER NOTA

English IV

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**Topic: Suggestions**

**Unit: II**

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**Group: "A"**

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# SUGGESTIONS

**BY NURSE SHADY**

**LÓPEZ :P**

# COUGH



- You should drink a cough syrup
- You should drink a chamomile tea with lemon and honey
- You should drink more hot drinks than cold drinks
- Avoid contact with people and kisses
- You should take menthol pills every 8 hours

# FEVER

- Drink plenty of water
- You should take a half or full tablet of paracetamol every 6 hours
- Avoid alcohol, tea and coffee as these drinks can cause slight dehydration
- Avoid taking cold baths or showers.
- You should take some rest and sleep



# FLU



1

You should take some rest and allow yourself to sleep

2

You should drink lots of fluids and water

3

Get the flu vaccine

4

You should eat a chicken soup with lots of vegetables

5

You should take an antifu pill every 8 hours

# STOMACHACHE



- YOU SHOULD AVOID LAYING DOWN
- YOU SHOULD DRINK PLENTY WATER
- YOU SHOULD DRINK PEPTOBISMOL
- YOU SHOULD DRINK GINNGER TEA WITH HONEY
- AVOID SMOKING AND DRINKING ALCOHOL



# HEADACHE

- You should take an aspirin every 8 hours with plenty water
- You should put Hot or cold compresses to your head or neck
- Preventive medications such as metoprolol
- You should have some tea, coffee, or something with a little caffeine in it
- Don't give aspirin to a child under age 18

