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Topic: Suggestions

Degree: 4

Career: Nursing

Number list: 3

*Good tips for better
health*

By the nurse Jenni

Friday/10 /2023



COUGH

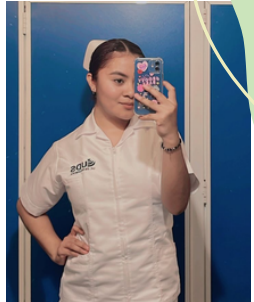
If you have symptoms of cough, you have to take into account the following

You should drink vick syrup and a tea with honey before going to bed, 1 in the morning and in the afternoon, daily until you see improvement

*Good tips for better
health*

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FEVER

If you have symptoms of fever, you can take paracetamol and apply cold water compresses on your forehead.

I should also have a lemon tea

*Good tips for better
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stomachache

If your stomachache hurts, please drink ginger tea, chamomile tea is very effective and avoid eating things that are difficult to digest

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HEADACHE

If you have a headache, you should take an aspirin or naproxen. You should drink plenty of water, get enough sleep and avoid alcoholic beverages,