



**Mi Universidad**

# **SUGGESTIONS**

name is: José aidan espinosa Juárez

tope: suggestions

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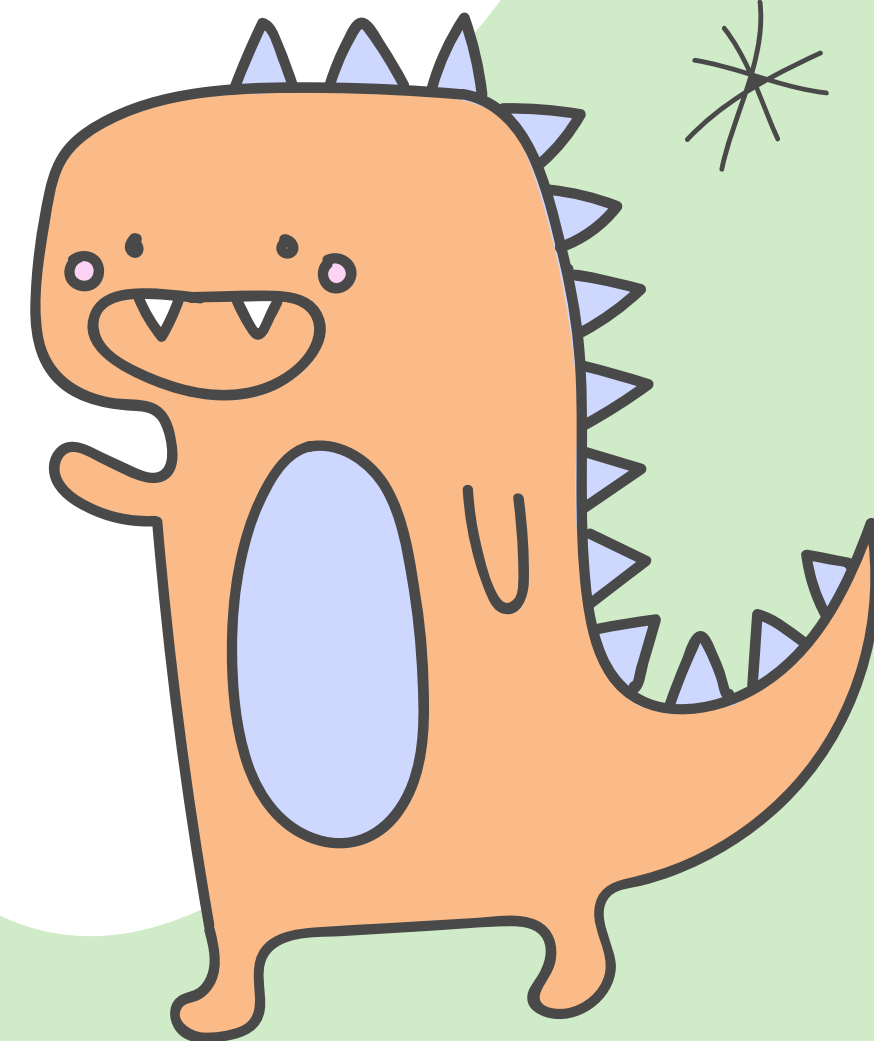
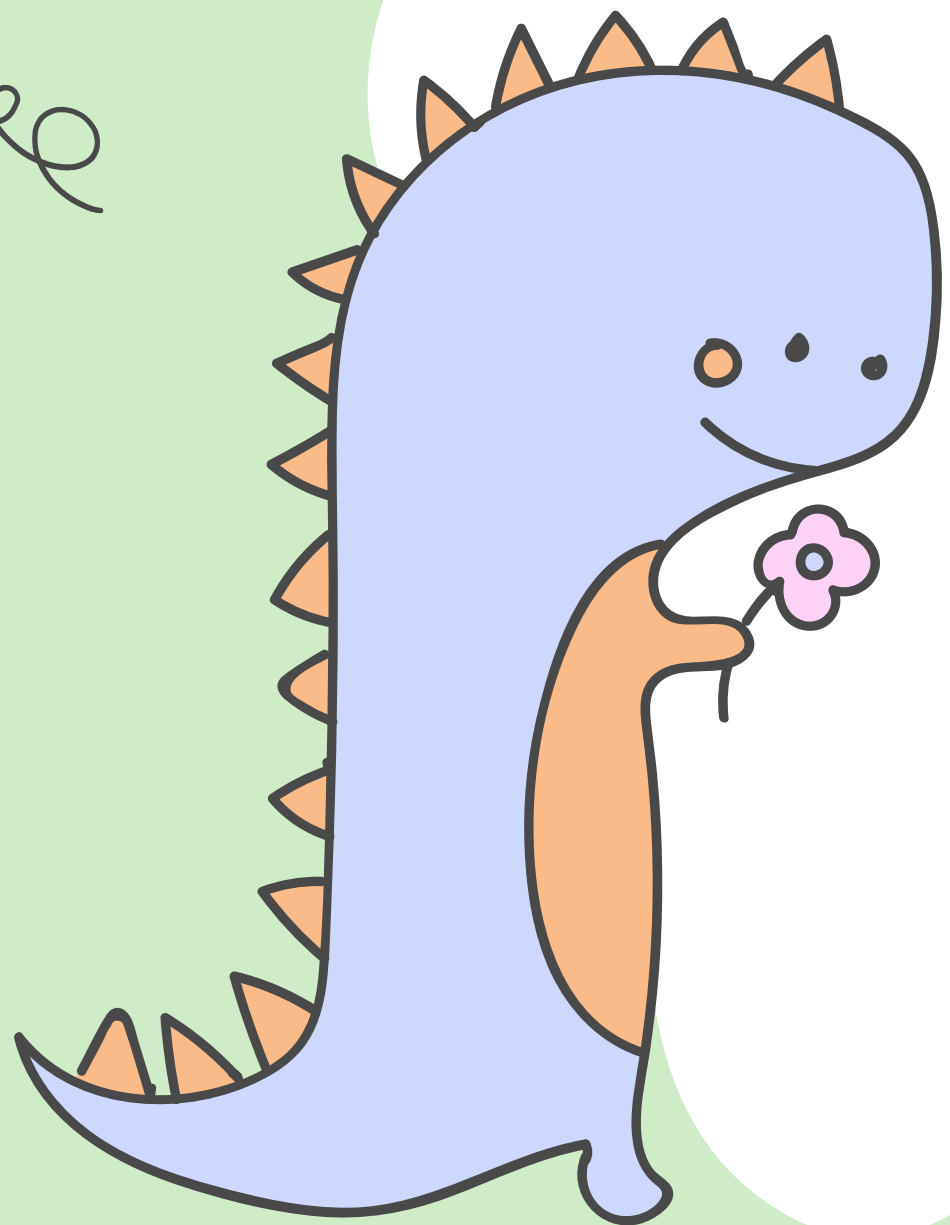
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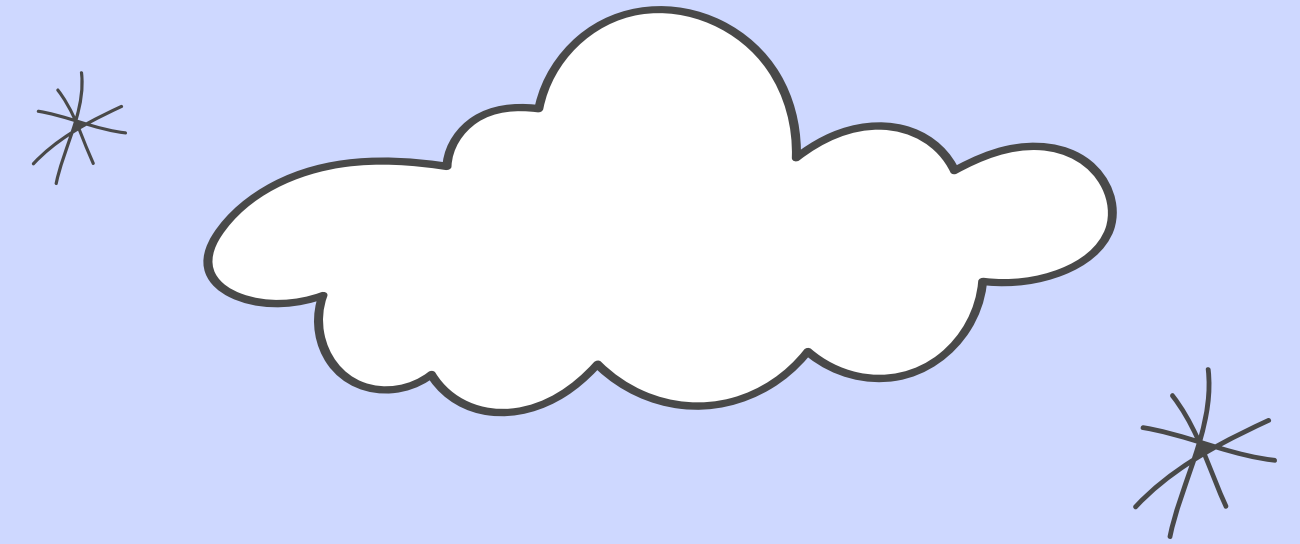
carrer: nursing

grade: 4 group: A

Suggestions and  
Medications by  
Nurse José Aidan



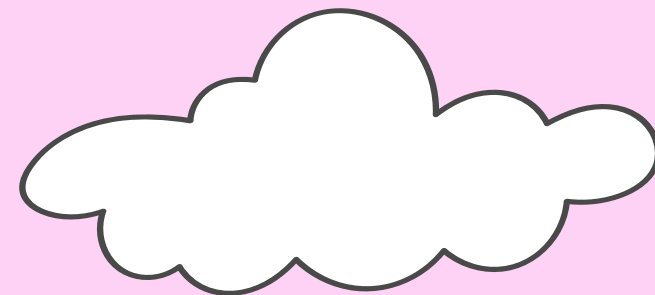
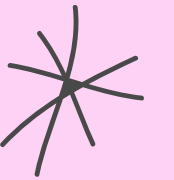
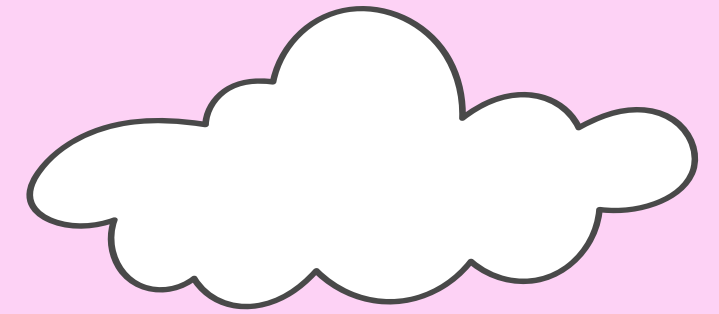
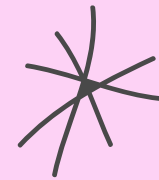
# Cough remedies



- You should take menthol pills
- You should drink chamomile tea
- You should drink lemon tea
- You should avoid cold drinks
- You should avoid contact with healthy people

# Fever remedies

- You should go home and get some sleep
- You should drink a paracetamol
- You should eat a vegetable soup
- You should drink hot liquids
- You should drink enough water



# Flu remedies

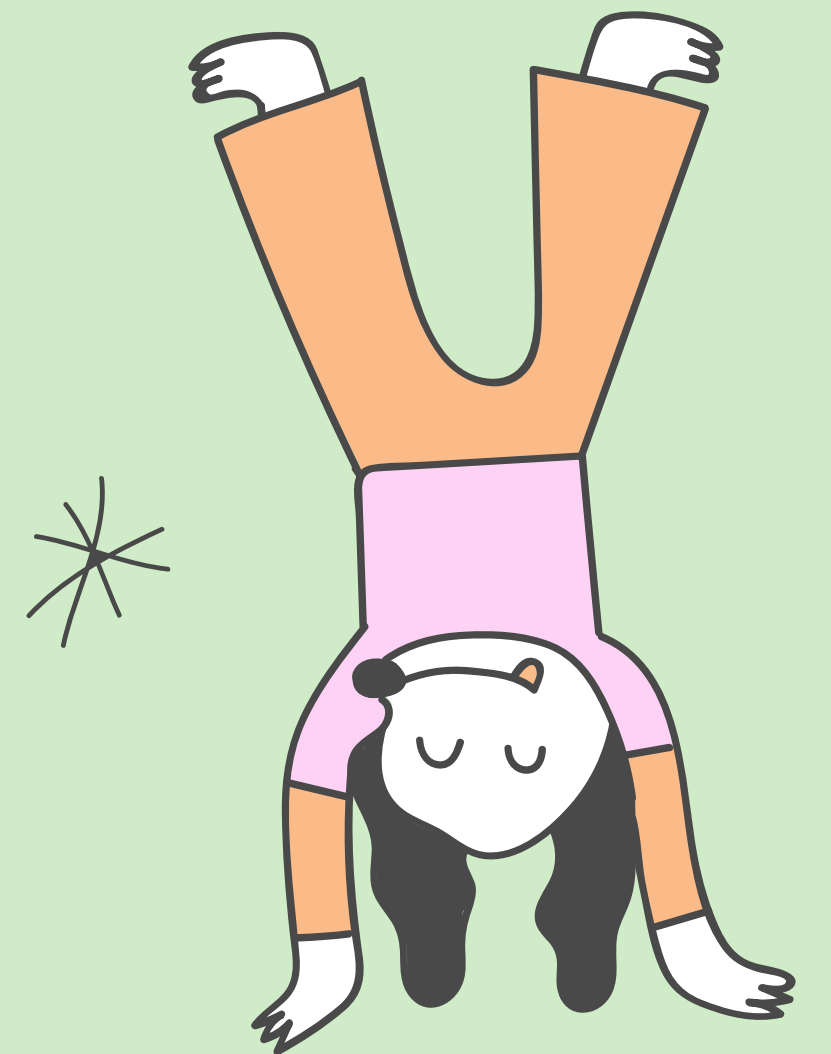
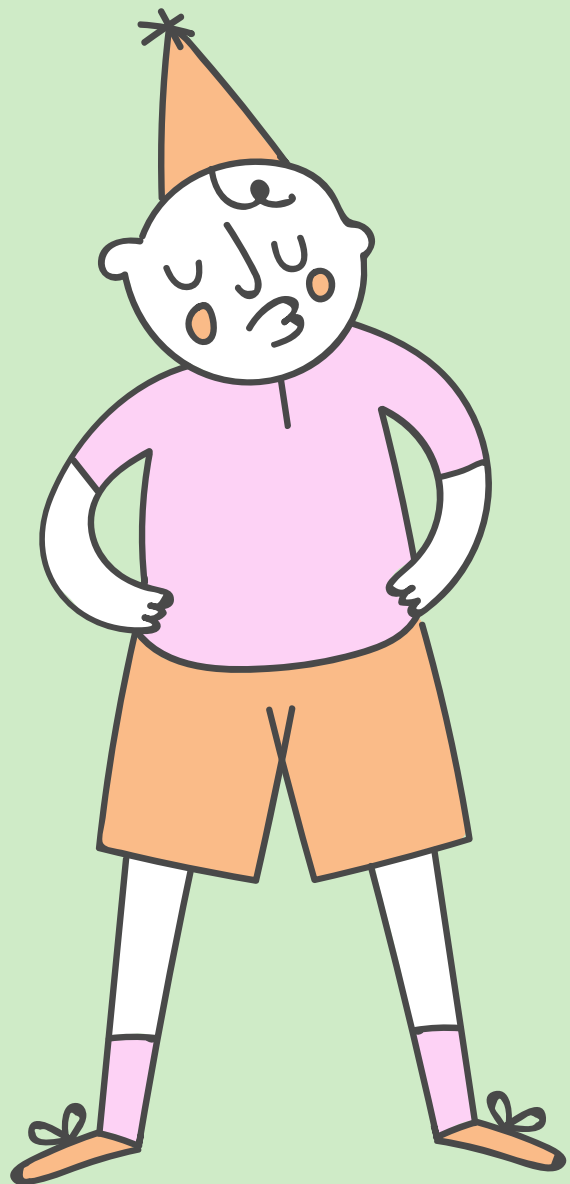


- You should wear a mask to avoid the contact with healthy people
- You should take cold showers
- You should stay in bed
- You should eat a chicken soup
- You should drink hot tea's



# Stomachache remedies

- You should take metoclopramida pills every 12 hours
- You should stay in bed
- You should drink lemon tea with honey
- You should put a hot compress in your stomachache
- you should take a paracetamol if there is pain





# Headache remedies

- You should take a paracetamol for pain every 8 hours
- You should get some sleep
- You should drink chamomile tea
- You should avoid strong lights or loud sounds
- You should avoid chewing gum