



**Mi Universidad**

**ENGLISH; ACTIVYTY II**

*Student' name: Ana Paola Lopez Hernández,*

*Theme name: illnes and suggestions*

*Partial: 2do.. partial*

*Matter' name: English*

*Teachers's name: Georgina Olivia Vidal Alfonso*

*Career: Nursing*

*Semester: 4th.Semester*

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Domínguez*

# **HEALTHY TIPS BY NURSE ANA PAOLA LOPEZ HERNANDEZ**

**WEDNESDAY, OCTOBER 11, 2023**



# COUGH



**Nurse: Ana Paola Lopez Hernandez**

**If you have cough, you need to take this suggestions:**

**1-. You should drink a chamomile tea**



**2-. You should drink a bougainvillea tea**



**3-. You should take ambroxol pills every 8 hours**



**4-. You should drink 10ml , benadrex syrup every 6 hours**



**5-. You should drink a lemon and honey tea**



# ***FEVER***



**Nurse: Ana Paola Lopez Hernandez**

**If you have fever, you need to take this suggestions:**

**1-. You should drink too much liquids**



**2-. You should put some cold compress**



**3-. You should take neomelubrina pills every 8 hours**



**4-. You should take ibuprofeno pills every 8 hours**



**5-. You should take a rest**



# Flu



**Nurse: Ana Paola Lopez Hernandez**

**If you have flu, you need to take this suggestions:**

**1-. You should drink a chamomile and ginger tea**



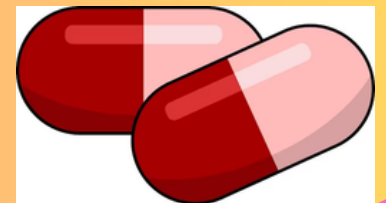
**2-. You should take agrifen pills every 6 hours**



**3-. You should drink a chicken soup**



**4-. You should take advil pills every 8 hours**



**5-. You should eat enough fruits and vegetables**



# ***STOMACHACHE***



**Nurse: Ana Paola Lopez Hernandez**

**If you have stomachache, you need to take these suggestions:**

**1-. You should drink a chamomile tea**



**2-. You should take buscapina pills**



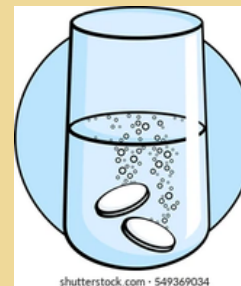
**3-. You should take a rest**



**4-. You should drink a ginger tea**



**5-. You should drink an antacid**



# HEADACHE



**Nurse: Ana Paola Lopez Hernandez**

**If you have headache, you need to take this suggestions:**

**1-. You should drink a dandelion tea**



**2-. You should take a rest**



**3-. You should take paracetamol pills every 8 hours**



**4-. You should take an aspirin**



**5-. You should get enough sleep**



**5-. You should take naproxen pills every 8 hours**

