



Mi Universidad

Name: López Porraz Danna Paola

Topic: Suggestions

Unit: I I

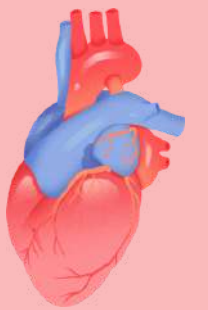
Teacher's name: Georgina Olivia Vidal Alfonso

Major: Enfermería

Quadrimester: 4

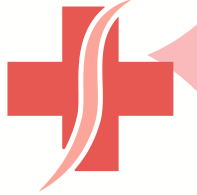
Group: a No.16

Healthy tips by nurse Danna



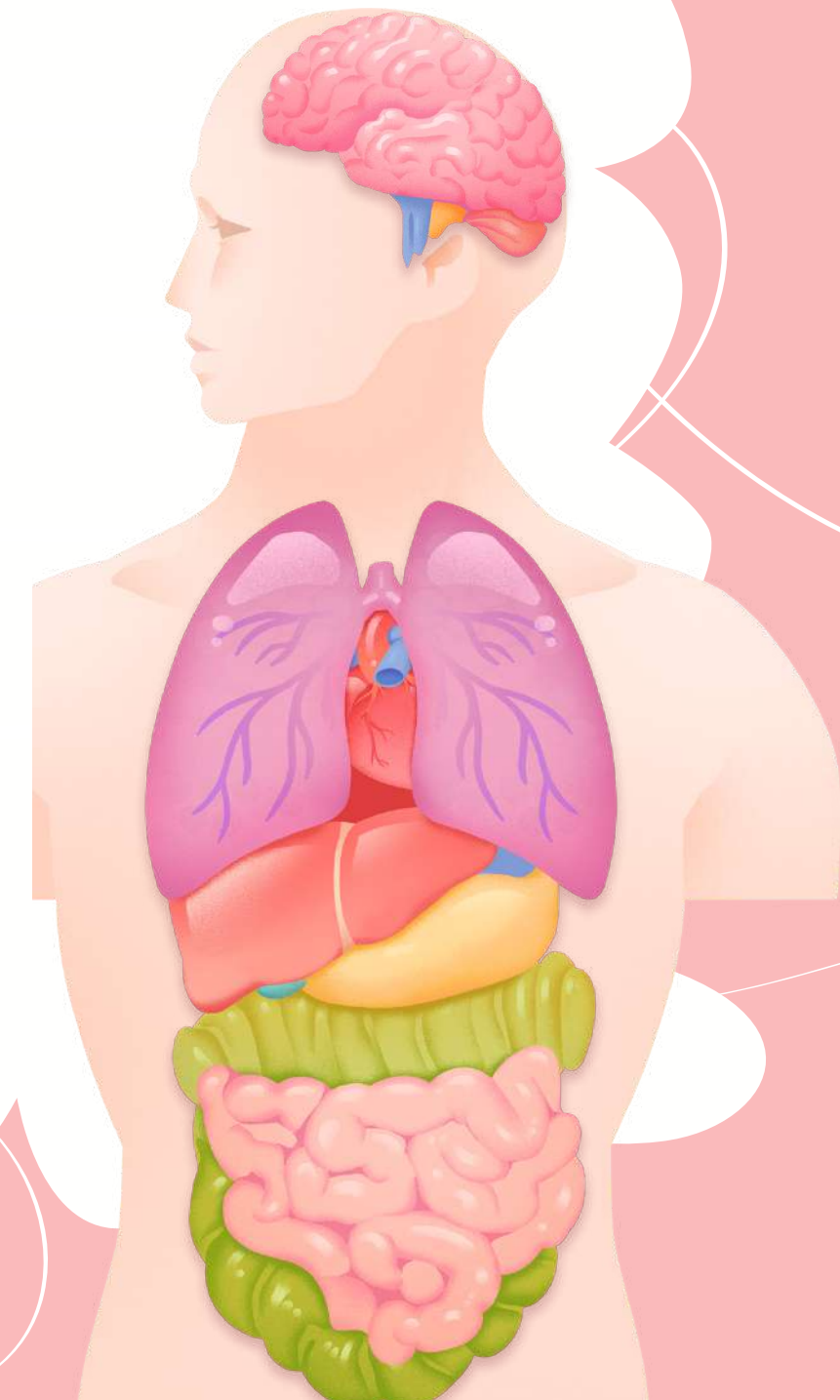
WEDNESDAY, OCTOBER 11, 2023

COUGH



Suggestions

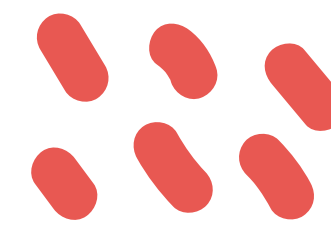
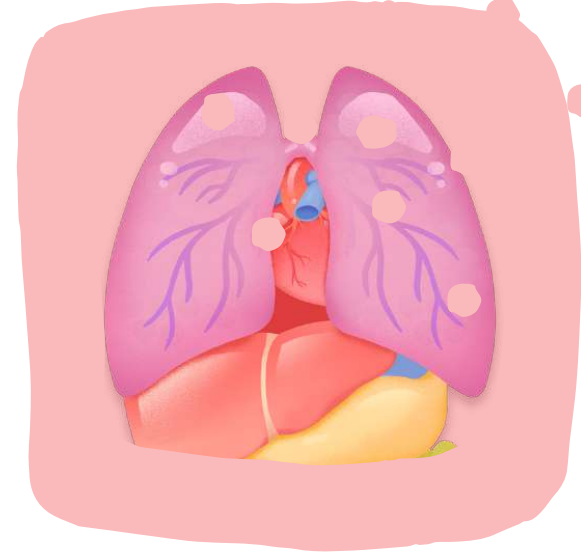
- ***You should drink lemon tea***
- ***You should drink hot ginger tea and honey***
- ***You should do gargle with salt water***
- ***You should take antihistamines***
- ***You should sleep on an incline***



FEVER

SUGGESTIONS

- You should take fever-reducing medication like motrin
- You should drink plenty of liquids
- You should take adequate rest
- You should use of basil leaves
- You should put cold compress in the forehead



FLU

SUGGESTIONS

- You should sip some chicken soup
- You should do nasal irrigation
- You should take daily probiotics
- You should Inhale essential oils
- You should take epsom salt baths



STOMACHACHE

SUGGESTIONS

- You should do yoga
- You should eat a chicken soup
- You should take a buscapine pills
- You should put a heating pad



HEADACHE



SUGGESTIONS

- You should apply a cold or warm compress to the forehead
- You should massage the temples and neck
- You should practice deep breathing exercises
- You should use essential oils like lavender
- You should take an ibuprofeno

