



Mi Universidad

Activity

Nombre del Alumno: Sofía Guadalupe Pérez Martínez

Nombre del tema: healthy suggestions

Parcial 2

Nombre de la Materia: ingles

Nombre del profesor: Georgina Olivia Vidal Alfonso

Nombre de la Licenciatura: Lic. En enfermería

Cuatrimestre: cuarto cuatrimestre



Healthy suggestions

By nurse: Sofia Guadalupe

Pérez Martínez

Sat. October 14th 2023



Cough



WHAT DO YOU RECOMMEND FOR COUGHS?

- You should drink chamomile tea



- You should cough syrup



- you should gargle with salt



- You should wear sweater



- You should take a ibuprofeno





Fever

WHAT DO YOU RECOMMEND FOR FEVER?

- You should put on wet compresses



- You should take a paracetamol or ibuprofen



- you should take a bath with warm water



- You should eat chicken soup



- you should drink a lot of water to hydrate yourself



Flu

WHAT DO YOU RECOMMEND FOR FLU?

- you should drink honey and lemon tea



- You should eat vegetable soup



- you should drink hot water



- you should take agrifen



- you should stay home and rest





Stomachache

WHAT DO YOU RECOMMEND FOR STOMACHACHE?

- you should take a naproxen



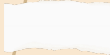
- You should drink hot water with a tablespoon of apple cider vinegar.



You should massage the abdomen



- You should put on a heating pad.



you should take pepto-bismol





headache

WHAT DO YOU RECOMMEND FOR HEADCHACHE?

- you should do a head massage



- You should take a hot bath to relax.



- you should take a pill



- you should listen to relaxing sounds and rest



- you should take a bioelectro pill

