

HEALTHY SUGGESTIONS



BY NURSE: Brenda Mayarí
Alvarado Bravo.

- ▶ ROLL NUMBER: # 2
- ▶ SATURDAY OCTOBER 14TH 2023
- ▶ TEACHER:GEORGINA OLIVIA VIDAL
ALFONSO

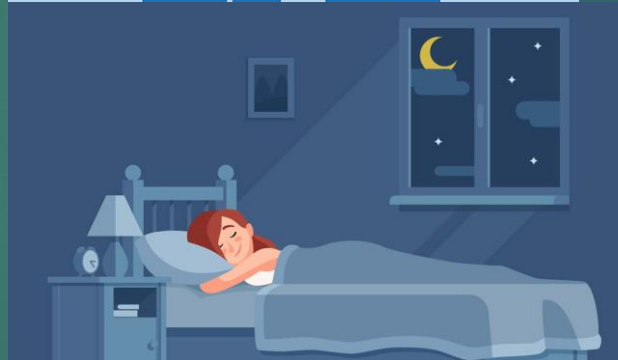
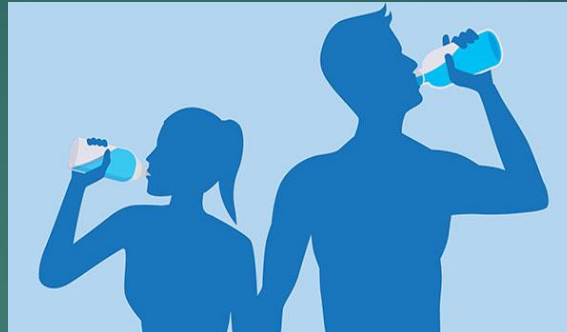
COUGH

X: What would you recommend for my cough?

you should drink lots of fluids

You should get enough rest

you should drink chamomile tea



FEVER

X: What would you recommend for fever?

You should drink plenty of fluids, preferably cold



You should use a light blanket if you feel cold



You should take paracetamol



FLU

X: can you recommend me something for the complaint

You should cover your nose and mouth when sneezing



You should avoid contact with other people



You should not drink cold water



Stomachache

X: any recommendation for stomach pain

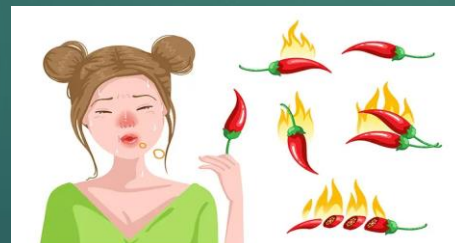
You should avoid foods that are difficult to digest



You should drink ginger tea



You should avoid eat spicy



HEADACHE

X: what do you recommend for a headache?

You should rest in a quiet room



You should place a cold cloth on your head



You should drink an ibuprofen pill

