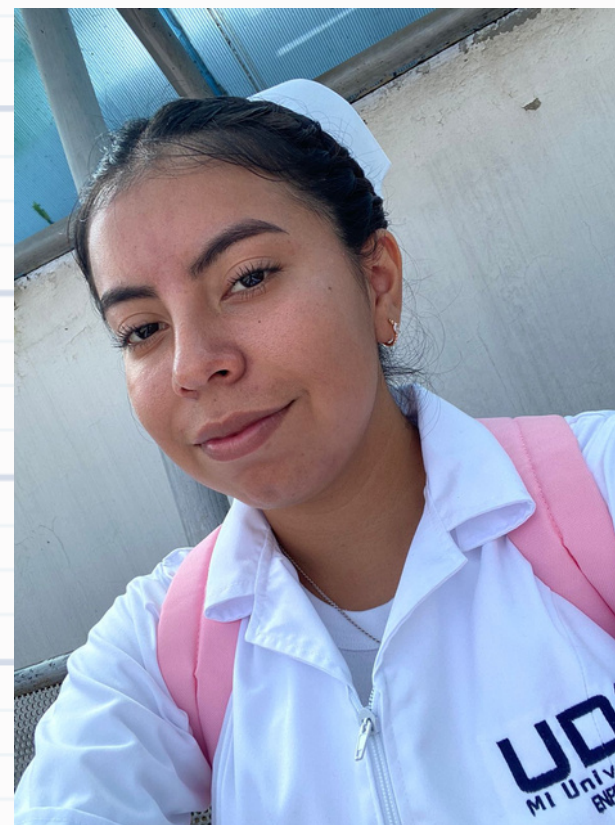




HEALTHY SUGGESTIONS

BY NURSE: ANDREA OCHOA ALVARADO

SATURDAY, OCTOBER, 2023



IF YOU HAVE COUGH:

I SUGGEST TO DO:

- You should drink a charmomile tea.
- You should drink honey.
- Should not drink cold water.





IF YOU HAVE FEVER:

I SUGGEST TO DO:

- You should take a paracetamol pill.
- You should take a rest.
- You should drink a lot of water.

IF YOU HAVE FLU:

I SUGGEST TO DO:

- You should not leave without a sweater.
- You should eat a soup.
- You should go to the doctor.





IF YOU HAVE STOMACHACHE:

I SUGGEST TO DO:

- You should sleep.
- You should take a buscapin pill.
- You should drink a charmomile tea.



IF YOU HAVE HEADACHE:

I SUGGEST TO DO:

- You should take an aspirina pill.
- You should put a warm compresses.
- You should drink a lot of water.

