HEALTHY SUGGESTIONS

By Nurse: Hannya Eunice Domínguez Santiago

Roll number: 5

Saturday, October 14th 2023

IF YOU HAVE COUGH

I suggest to do

• You should drink a lemon tea with honey.



• You should take some amoxicilina pills.



• You should tequila with lemon gargle.



IF YOU HAVE FLU

I suggest to do:

• You should take a rest



• You should take some amantadina pills.



You should eat a soup



IF YOU HAVE FEVER

I suggest to do

• You should take some ibuprofeno pills.



• You should take a shower with warm water.



· You should drink much wáter.



• You should compress of cold water



IF YOU HAVE STOMACHACHE

I suggest to do:

• You should drink a chamomile tea.



• You should take some buscapina pills.



• You should eat a chicken soup.

IF YOU HAVE HEADACHE

I suggest to do:

• You should get enough sleep.



• You should take some aspirin pills.



• You should get a head massage.

