



Mi Universidad

Super Note



HEALTHY SUGGESTIONS

FOR THE FOLLOWING DISEASES



BY NURSE: YEYRY ARLEN RAMIREZ ROBLERO

THEME NAME: HEALTHY SUGGESTIONS

PARTIAL: SECOND PARTIAL

SUBJECT NAME: ENGLISH IV

TEACHER'S NAME: GEORGINA OLIVIA VIDAL ALFONSO

ROLL NUMBER: 14 SAT, OCTOBER /14TH/ 2023



COUGH





YOU SHOULD TAKING FLUTOX OR AMBROXOL SYRUP
 ADULTS, ADOLESCENTS OVER 12 YEARS: 10ML 3 TIMES A DAY
 CHILDREN 7-12 YEARS: 5ML 2 TIMES A DAY.
 CHILDREN 5-6 YEARS: 5ML 2 TIMES A DAY.
 CHILDREN 2-4 YEARS: 2ML 2 TIMES A DAY



YOU SHOULD TAKE INFUSIONS OF THYME, GINGER OR EUCALYPTUS WITH HONEY
 THEY CAN HAVE VERY POSITIVE EFFECTS IN REDUCING DRY COUGH.




YOU SHOULD DRINK PLENTY OF WATER
 SO, WE KEEP OUR AIRWAYS WELL HYDRATED AND, IN THE CASE OF COUGHING UP MUCUS, WE ENCOURAGE THE ELIMINATION OF MUCUS.



YOU SHOULD NOT FUMES
 . SMOKE BLOCKS OUR LUNGS AND HAS NEGATIVE EFFECTS ON OUR ENTIRE RESPIRATORY SYSTEM



YOU SHOULD KEEPING US OUT OF DRAFTS
 HELPS KEEP COUGHS FROM GETTING WORSE AND KEEP THE TEMPERATURE FROM INCREASE




FEVER




YOU SHOULD TAKING ONE PARACETAMOL OR IBUPROFEN PILL EVERY 8 HOURS



YOU SHOULD DRINK PLENTY OF FLUIDS TO HYDRATE



YOU SHOULD WEAR LIGHT CLOTHING AND DON'T WRAP UP TOO MUCH



YOU SHOULD BATHING WITH WARM WATER CAN IMPROVE DERMAL EXCHANGE AND IMPROVE BODY TEMPERATURE



YOU SHOULD GET ENOUGH REST AND YOU SHOULD NOT PHYSICAL EXERCISE




FLU

YOU SHOULD GET PLENTY OF REST AND SLEEP WELL.

YOU SHOULD DRINK A HOT BEVERAGE, SUCH AS ELDERBERRY TEA, GINGER OR HONEY, WHICH HELP RELIEVE SYMPTOMS.

YOU SHOULD DRINK PLENTY OF FLUIDS, SUCH AS WATER, JUICES, BROTHS OR INFUSIONS

YOU SHOULD GARGLING WITH SALT WATER OR TAKE LOZENGES FOR A SORE THROAT

YOU SHOULD BREATHE EUCALYPTUS MIST TO DECONGEST THE AIRWAYS

YOU SHOULD TAKE INFUSIONS OF CHAMOMILE, TURMERIC, GINGER OR MINT, WHICH HELP RELAX SPASMS, REDUCE INFLAMMATION AND STIMULATE DIGESTION.

YOU SHOULD MASSAGE THE ABDOMEN AREA, WITH CIRCULAR AND GENTLE MOVEMENTS, TO PROMOTE INTESTINAL TRANSIT

YOU SHOULD NOT EAT FOODS WITH FAT AND FOODS OF ANIMAL ORIGIN

YOU SHOULD TAKE OMEPRAZOLE OR ANTACIDS EVERY 12 HOURS

STOMACHACHE

YOU SHOULD APPLY HEAT ON THE ABDOMEN, WITH A HOT SHOWER OR A THERMAL BAG, TO RELIEVE MUSCLE TENSION

YOU SHOULD TAKE INFUSIONS OF CHAMOMILE, TURMERIC, GINGER OR MINT, WHICH HELP RELAX SPASMS, REDUCE INFLAMMATION AND STIMULATE DIGESTION.

YOU SHOULD MASSAGE THE ABDOMEN AREA, WITH CIRCULAR AND GENTLE MOVEMENTS, TO PROMOTE INTESTINAL TRANSIT

YOU SHOULD NOT EAT FOODS WITH FAT AND FOODS OF ANIMAL ORIGIN

YOU SHOULD TAKE OMEPRAZOLE OR ANTACIDS EVERY 12 HOURS

HEADACHE



YOU SHOULD TAKE A PARACETAMOL OR ASPIRIN PILL EVERY 8 HOURS



YOU SHOULD DRINK WATER AND YOU SHOULD NOT ALCOHOL AND HISTAMINE-RICH FOODS



YOU SHOULD REST IN A QUIET, DARK ROOM.



YOU SHOULD TAKE A CHAMOMILE OR VALERIAN TEA



YOU SHOULD MASSAGE THE AFFECTED AREA WITH LAVENDER OILS OR A CREAM.

