

Healthy suggestions

By Nurse: Erik Alejandro Chantiri Solís

Sat, october 11th 2023

Roll number: #4

If you have cough

- You should drink honey with lemon.
- You should gargle with vinegar.
- You should take ambroxol pills.



If you have fever

- You should bathe with warm wáter.
- You should take a paracetamol pills.
- You should not cover yourself.



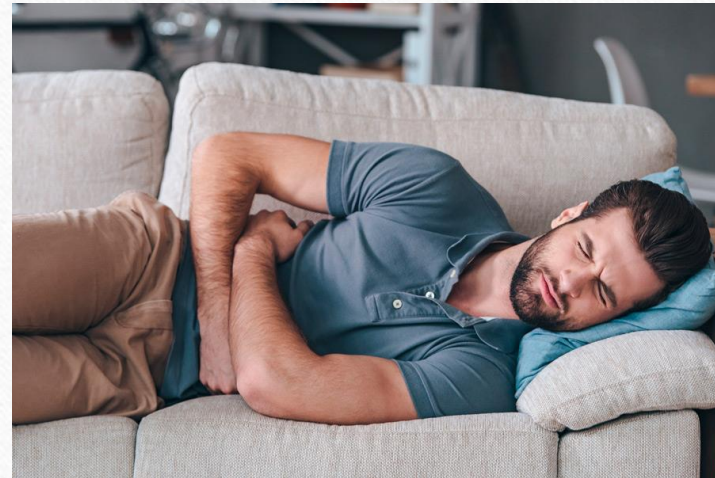
If you have flu

- You should take vitamin C.
- You should drink lemon tea.
- You should take agrifen pills.



If you have stomachache

- You should drink chamomile tea.
- You should not junk Good.
- You should take loperamide pills.



If you have headache

- You should rest a Little.
- You should drink wáter.
- You should take paracetamol pills.

