

Healthy suggestions

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If you have cough I suggest to do

- ▶ You should drink lemon tea
- ▶ You should make nebulizations
- ▶ You should take some pills



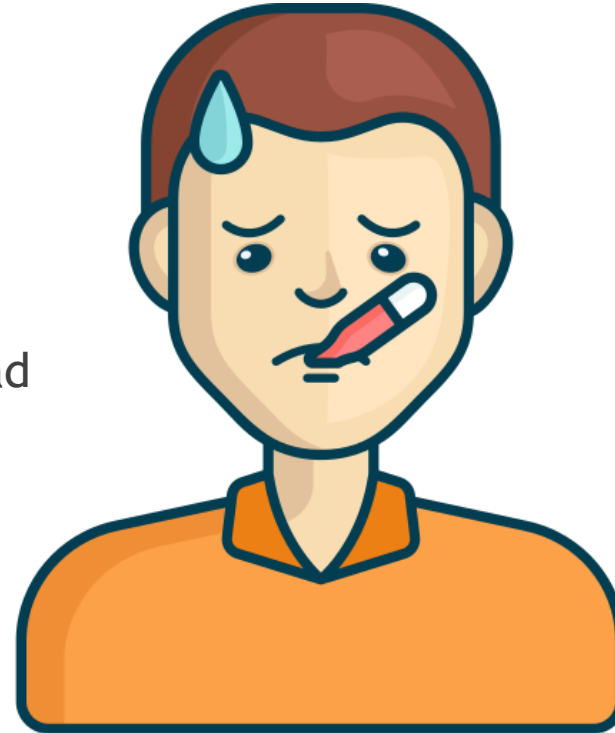
If you have flu I suggest to do

- ▶ You should drink chamomile tea
- ▶ You should not go out to cold
- ▶ You should take a rest



If you have fever I suggest to do

- ▶ You should take some ibuprofeno pills
- ▶ You should put cold compresses on your forehead
- ▶ You should take serums



If you have stomachache I suggest to do

- ▶ You should drink chamomile tea
- ▶ You should take some omeprazol pills
- ▶ You should not eat heavy meals



If you have headache I suggest to do

- ▶ You should take a shower
- ▶ You should take some paracetamol pills
- ▶ You should take a break

