

UDS

SUPER NOTA

English IV

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Topic : Suggestions

Unit : II

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Career : Nurse

Semestre: 4

Group : A

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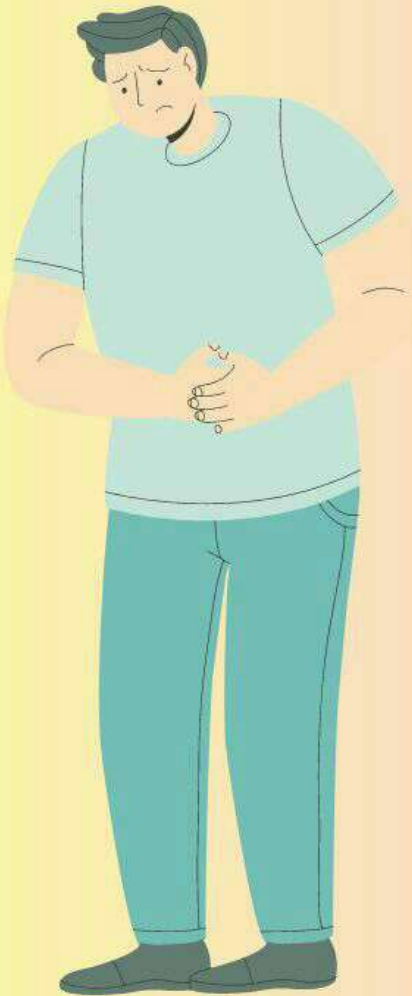
HEADACHE



- You should take an aspirin every 8 hours with plenty water.
- You should put hot or cold compresses your head or neck.
- Preventive medications such as metoprolol.
- You should have some , tea , coffee or some thing with a little caffeine in it.
- Don't give aspirin to a child under age 18.



STOMACHACHE



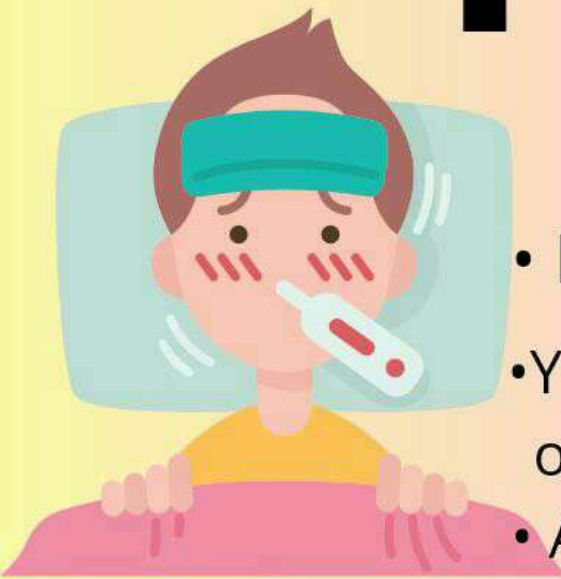
- You should avoid laying down .
- You should drink plenty water.
- You should drink peptobismol.
- You should drink ginger tea with honey .
- Avoid smoking and drinking alcohol.

COUGH



- You should drink a cough syrup.
- You should drink a chamomile tea with lemon más honey.
- You should drink a more hot drinks than cold drinks.
 - Avoid contacto with people and kisses.
 - You should ya me menthol pills every 8 hours.

FEVER



- Drink plenty of water
- You should take a half or full tablet of paracetamol every 6 hours.
- Avoid alcohol, tea and coffee as these drinks can cause slight dehydration.
- Avoid taking cold baths or shower.
- You should take some rest and sleep.



FLU

- You should take some rest and allow your self to sleep.
- You should drink lots of fluids and water .
- Get the flu vaccine.
- You should eat a chicken soup with lots of vegetables.
- You should take an antifu pill every 8 hours.