



SUPER NOTA

English IV

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SANTIZ

TOPIC: SUGGESTIONS

UNIT: II

PROFESSOR'S NAME: GEORGINA OLIVIA VIDAL
ALFONSO

CAREER: NURSE

SEMESTER: 4

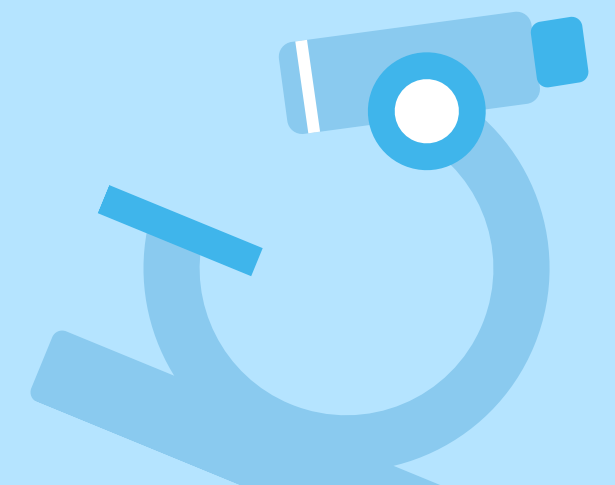
GROUP: "A"

DATE: 22/10/2023



Suggestions

BY NURSE ELIZABETH HERNANDEZ



Cough

YOU SHOULD DRINK A COUGH SYRUP

YOU SHOULD DRINK A CHAMOMILE TEA WITH
LEMON AND HONEY

YOU SHOULD DRINK MORE HOT DRINKS
THAN COLD DRINKS

AVOID CONTACT WITH PEOPLE AND KISSES

YOU SHOULD TAKE 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 SHOWERS.

YOU SHOULD TAKE SOME REST AND SLEEP



FLU

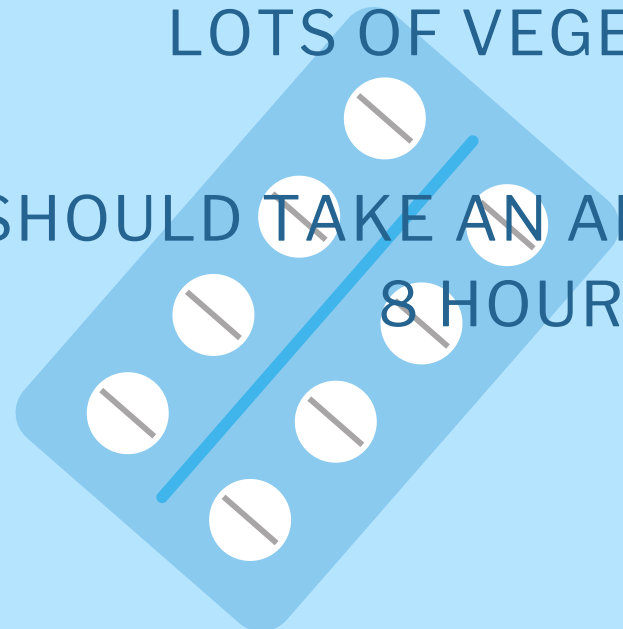
YOU SHOULD TAKE SOME REST AND ALLOW YOURSELF TO SLEEP

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 ANTIFLU PILL EVERY 8 HOURS



Headache

YOU SHOULD TAKE AN ASPIRIN EVERY 8 HOURS WITH PLENTY WATER

YOU SHOULD PUT HOT OR COLD COMPRESSES TO YOUR HEAD OR NECK

PREVENTIVE MEDICATIONS SUCH AS METOPROLOLINE

YOU SHOULD HAVE SOME TEA, COFFEE, OR SOMETHING 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 GINNGER TEA WITH
HONEY

AVOID SMOKING AND DRINKING ALCOHOL

