




UDS

NAME: DANIEL SÁNCHEZ HERNÁNDEZ
SUBJECT: ENGLISH 4
CUATRIMESTRE: 4
GROUP "A"
SPECIALTY: NURSING



Suggestions
By Nurse: Daniel
Sánchez Hernández



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

FLU

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



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



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 metoprolol
- *You should have some tea, coffee, or something with a little caffeine in it
- *Don't give aspirin to a child under age

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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

