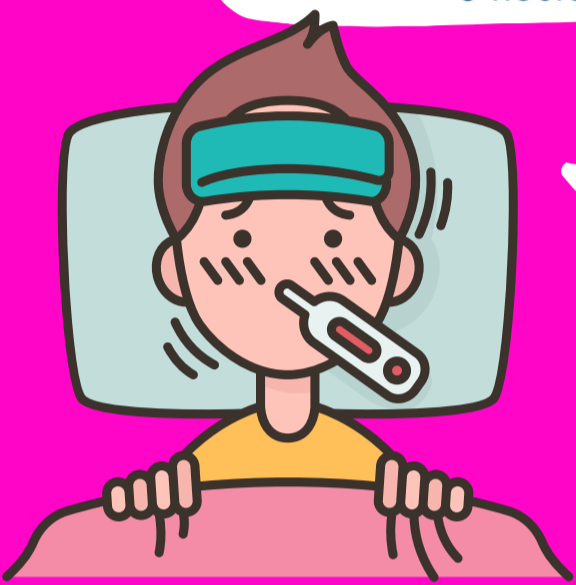


SUGGESTIONS

**ALEXIS JOSUE LOPEZ
SOLORZANO**

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
- *You should eat a chicken soup with lots of vegetables
- * Get the flu vaccine



Stomachache

- *YOU SHOULD AVOID LAYING DOWN
- *YOU SHOULD DRINK PLENTY WATER
- *YOU SHOULD DRINK PEPTOBISMOL
- *YOU SHOULD DRINK GINGER TEA WITH HONEY

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

