

# WOS

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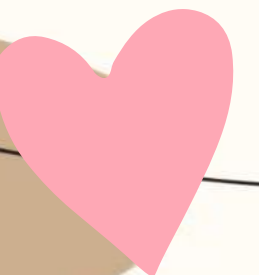
**LICENCIATURA EN ENFERMERIA**

**4 Cuatrimestre**

# 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



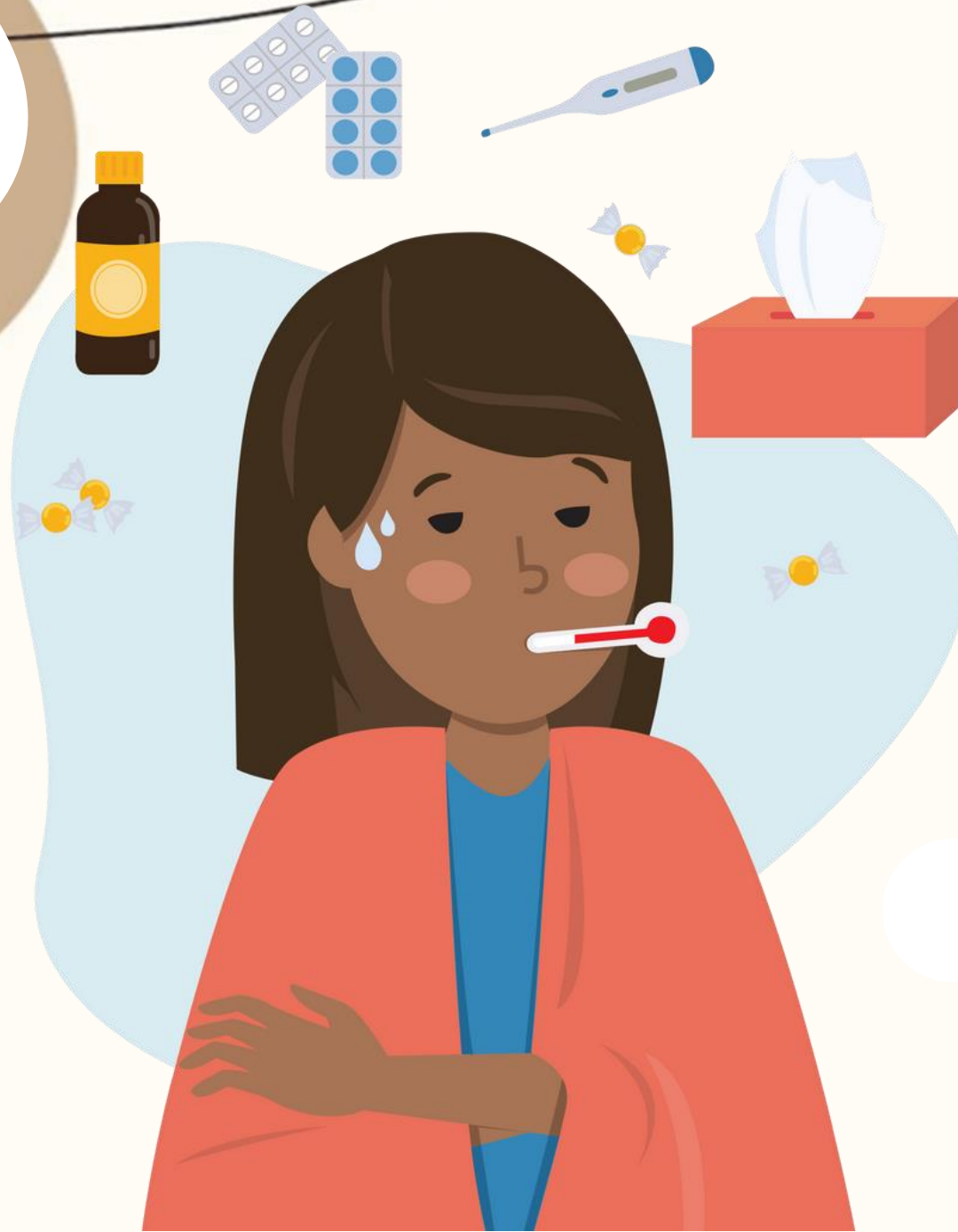
# Fever

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 antflu 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

