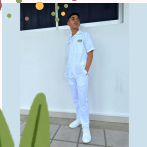




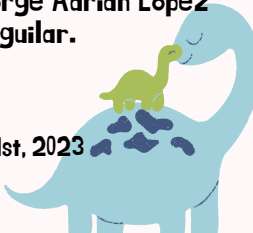
illnesses suggestions.



By. Nurse Jorge Adrián López
Aguilar.



Saturday, october 21st, 2023



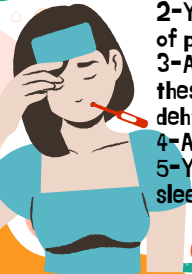
Cough

1. You should drink a cough syrup.
2. You should drink a chamomile tea with lemon and honey.
3. You should drink more hot drinks than cold drinks.
4. Avoid contact with people and kisses.
5. You should take menthol pills every 8 hours



Fever

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



FLU



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

Stomachache

- 1-You should avoid laying down.
- 2-You should drink plenty water.
- 3-You should drink peptobismol.
- 4-You should drink ginnger tea with honey.
- 5-Avoid smoking and drinking alcohol.



Headache



1-You should take an aspirin every 8 hours with plenty water.

2-You should put Hot or cold compresses to your head or neck.

3-Preventive medications such as metoprolol.

4-You should have some tea, coffee, or something with a little caffeine in it.

5-Don't give aspirin to a child under age 18.