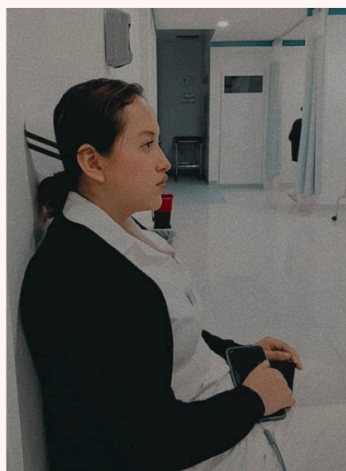


# Suggestions

**By nurse Shaila López  
Cruz**



# ILLNESSES SUGESTIONS

Shaila López  
Cruz

## COUGHT

- 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 vegetable
- Get the flu vaccine
- You should take an antifu pill every 8 hours



## ESTOMACHACHE

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

