



**SUPER  
NOTA.**

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**Topic:** Suggestions.

**Unit:** II

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**Career:** Nurse

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**Group:** "A"

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# COUGH

- Take honey with hot water.
- Take Amoxicillin.
- Consume liquids to avoid dehydration.
- Take tukol.
- Lemon tea with honey in warm water.



# FEVER.

- Traje er with warm water.
- Try to rest as much as possible.
- Take ibuprofeno or paracetamol.
- Consume too much fluid.
- Wear light clothing.



# FLU.

- United states aerosols.
- Salt water gargles.
- Eat hot chicken soups.
- Hot apple juice.
- In the cold season, bundle up.



# STOMACHACHE

- Ginger.
- Chamomile tea.
- Apple cider vinegar.
- Take flagyl.
- Drink coffee without sugar.



# HEADACHE

- Take Aspirin.
- Use ice packs.
- Take a hot bath to relax.
- Drink water to stay hydrated.
- Avoid being in front of screens.

