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**MATTER: English IV**



**CAREER: Nursing**

**CUATRIMESTRE: 4°**

**DATE: October, 21st**





# **SUGGESTIONS**

By Nurse: Jorge Luis



**IF YOU HAVE:**

**COUGH**



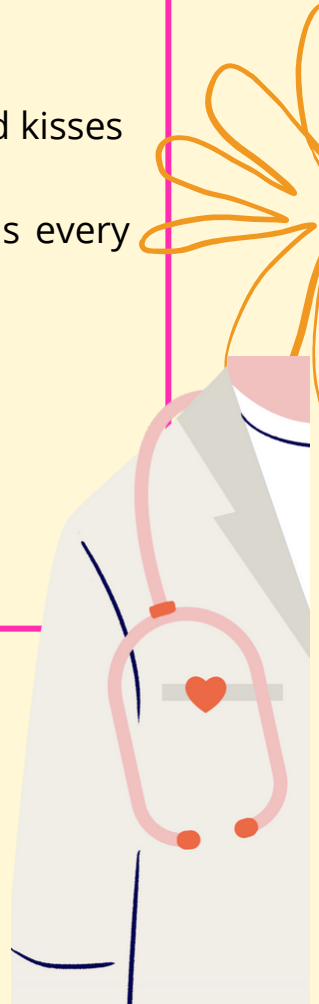
\*You should drink a cough syrup

\*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



**IF YOU HAVE:**

## **FEVER**



\*Drink plenty of water

\*You should take a half of 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



## IF YOU HAVE:

# FLU



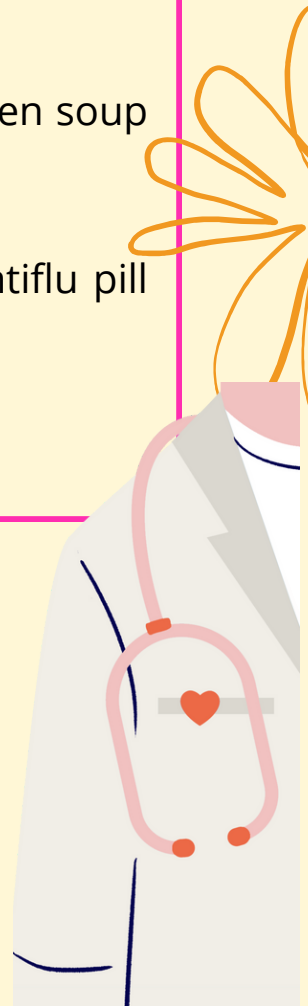
\*You should take some rest and allow yourself to sleep

\*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 antifu pill every 8 hours

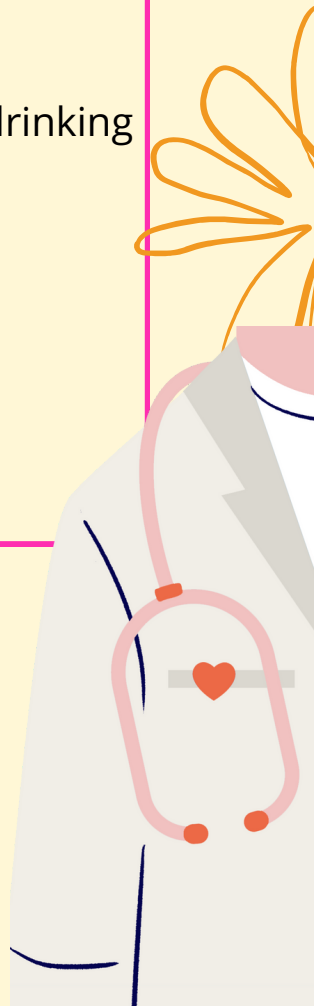


**IF YOU HAVE:**

# **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



**IF YOU HAVE:**

## **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, coffe, or something with a little caffeine in it

\*Don't give aspirin to a Child under age 18

