



**Student's name: Iris Moreno**

**Topic: Suggestions**

**Unit: II**

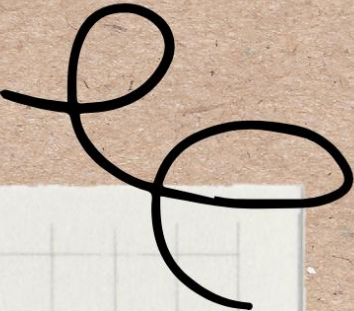


**Professors name: Georgina Olivia Vidal Alfonso**

**Career: Nurse**

**Semester: 4**

**Group: "A"**

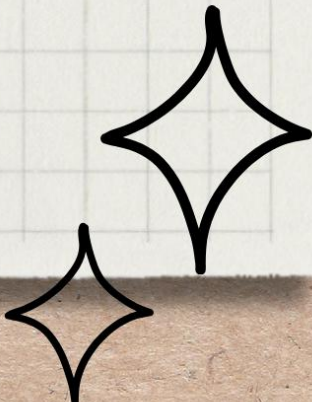

**Date: october 22th**



# COUGH




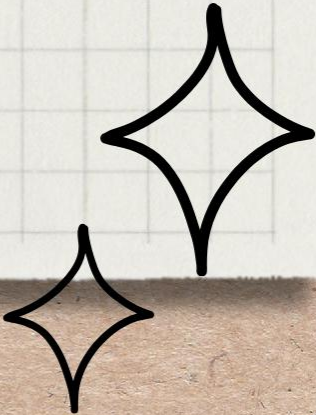
YOU SHOULD DRINK A COUGH SYRUP.  
YOU SHOULD DRINK A CHAMOMILE TEA.  
WITH LEMON AND HONEY YOU SHOULD.  
DRINK MORE HOT DRINKS THAN COLD.  
DRINKS AVOID CONTACT WITH PEOPLE.  
AND KISSES YOU SHOULD TAKE.  
MENTHOL PILLS EVERY 8 HOURS.





# 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
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# FLU

PROTÉGETE DE LA GRIPE

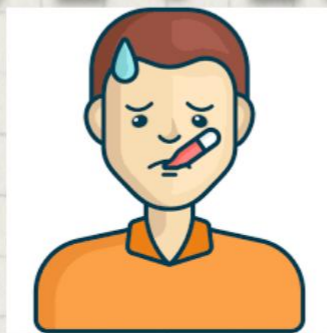


forevenlital




YOU SHOULD TAKE SOME REST AND ALLOW YOURSELF TO SLEEP 1 YOU SHOULD DRINK LOTS OF FLUIDS AND WATER 2 YOU SHOULD EAT A CHICKEN SOUP WITH LOTS OF VEGETABLES 4 GET THE FLU VACCINE 3 FLU YOU SHOULD TAKE AN ANTIFLU PILL EVERY 8 HOURS



# FEVER




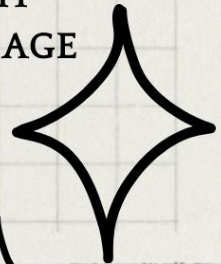
DRINK PLENTY OF WATER YOU SHOULD  
TAKE A HALF OR FULL TABLET OF  
PARACETAMOL EVERY 6 HOURS AVOID  
ALCOHOL, TEA AND COFFEE AS THESE  
DRINKS CAN CAUSE SLIGHT  
DEHYDRATION AVOID TAKING COLD  
BATHS OR SHOWERS. YOU SHOULD TAKE  
SOME REST AND SLEEP





# 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 18
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