



Name: Yazmin Guadalupe Aguilar Aguilar.

Topic: Suggestions.

Matter: Ingles.

Teacher: Georgina Olivia Vidal.

Degree: Licenciatura en enfermería.

Quatemester: 4.

# **SUGGESTIONS.**

**BY NURSE YAZMIN AGUILAR.**



# COUGH.

**\*TAKE A COUGH SYRUP**



**\*TAKE A TEA.**

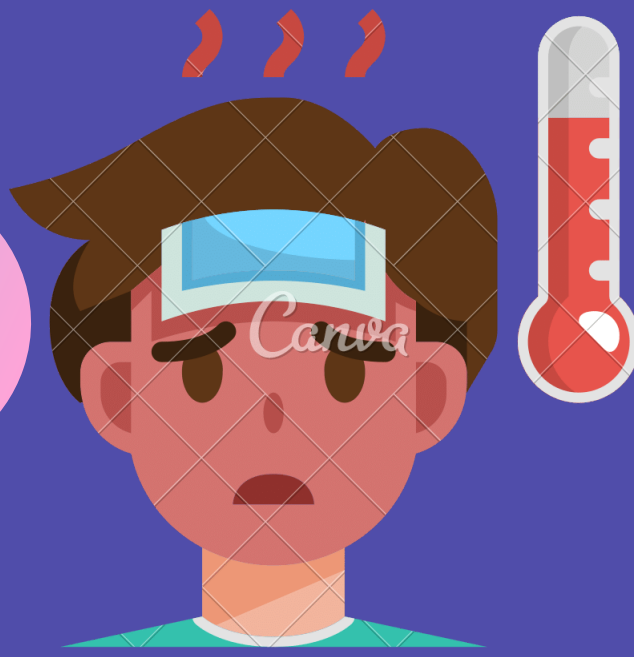
**\*TAKE A FLANAX PILL**

**\*TAKE A GUAIFENESINA  
SYRUP**

**\*TAKE A VICK SYRUP**

# FEVER.

**\*TAKE A PARACETAMOL**



**\*TAKE A BREAK AND SLEEP**

**PUT ICE ON YOUR FOREHEAD**

**\*TAKE A BATH WITH WARM WATER**

**\*DON'T DRINK WATER**

# FLU.

**\*HAVE A CHAMOMILE TEA WITH HONEY.**



**\*TAKE AMOXICILIN EVERY 12 HOURS**

**\*SHELTER FROM THE COLD**

**\*TAKE A FLU SYRUP**

**\*EAT CHICKEN BROTH**

# STOMACHACHE

**\*HAVE A FENNEL TEA**



**\*TAKE A TREDIA PILL.**

**\*TAKE AN IBEROGAST SYRUP**

**\*TAKE A BUSCAPINA PILL**

**\*TAKE A HIOSCINA PILL**

# HEADACHE



**\*TAKE AN ASPIRIN PILL.**

**\*TAKE AN IBUPROFENO PILL.**

**\*TAKE A SEDALMERCK PILL  
EVERY 8 HOURS.**

**\*HAVE A VALERIAN TEA**

**\*DRINK ENOUGH WATER**