



By
Nurse:

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CEDULA PROFESIONAL

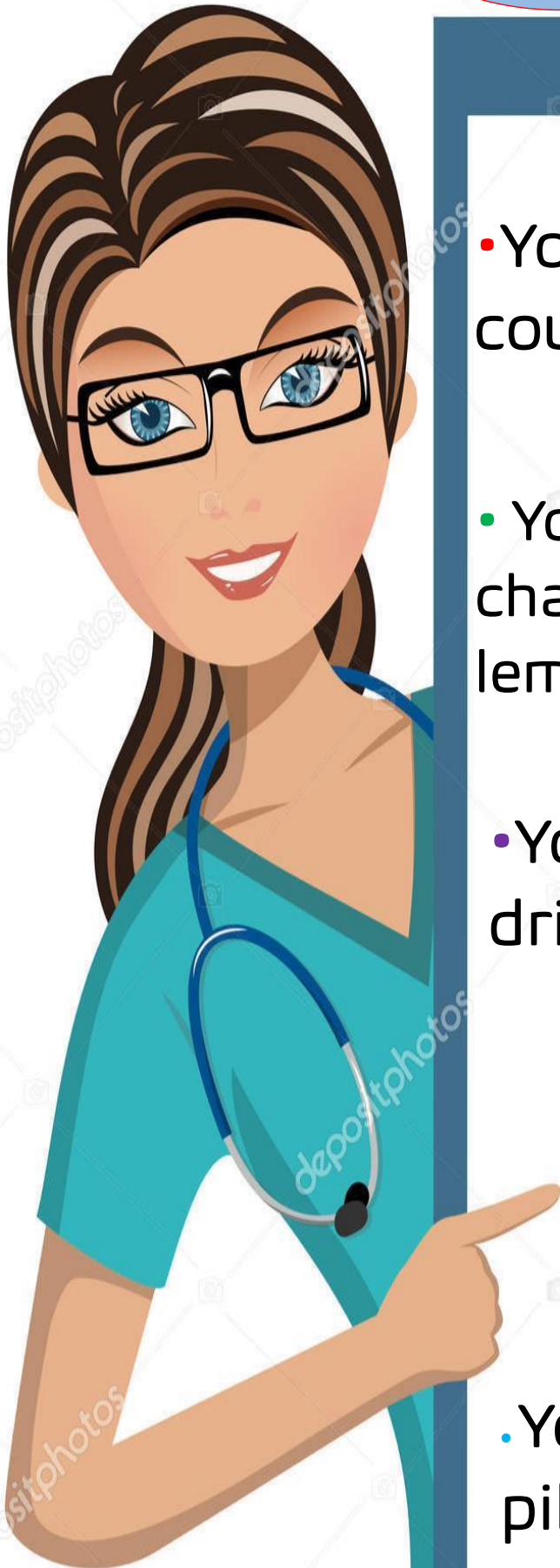
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Suggestions



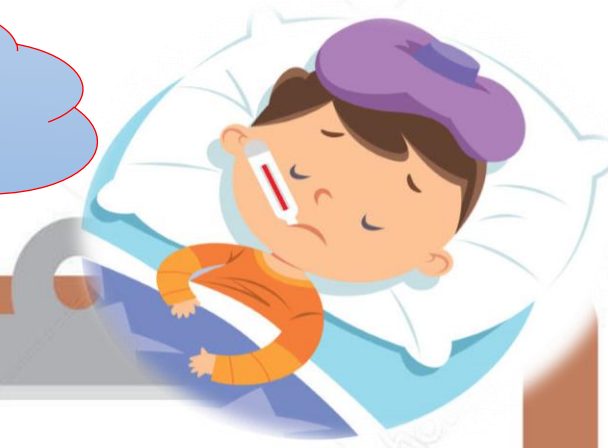
COUGH



- 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



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



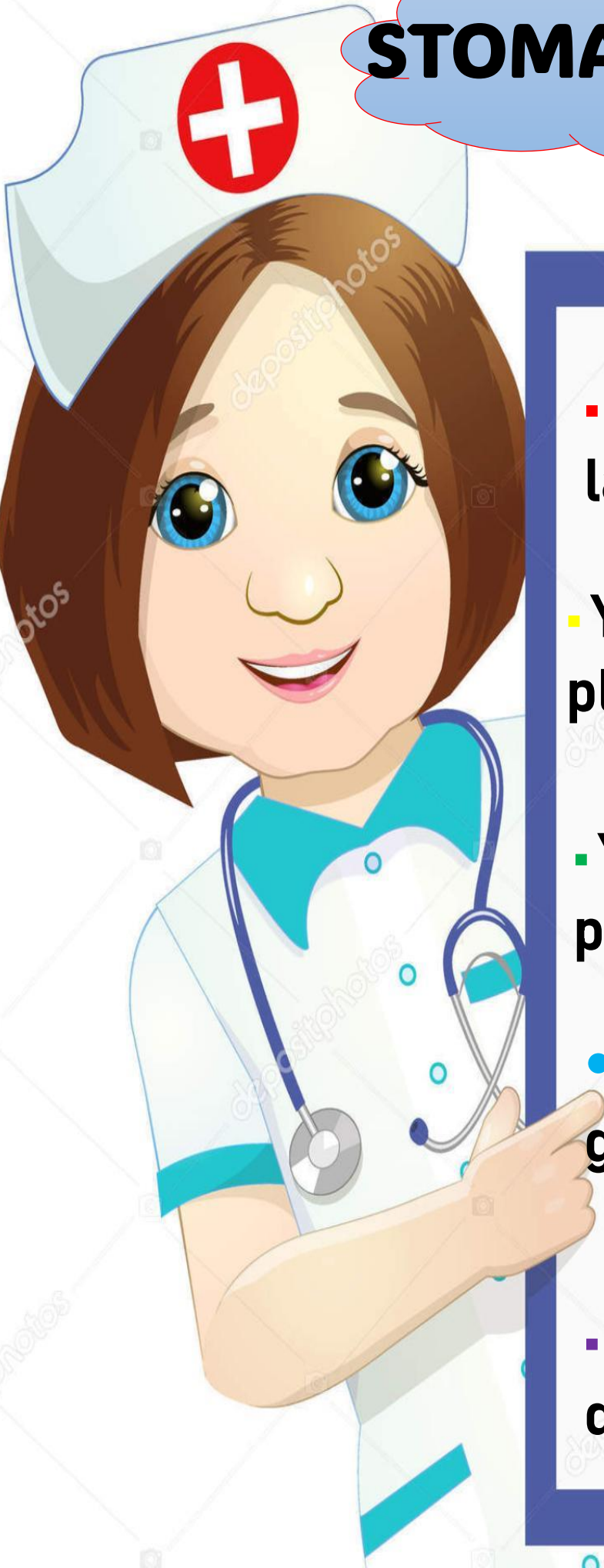
- You should take some rest and allow yourself to sleep
- You should drink lots of fluids and water
- Get the flu vaccine
- You should eat a chicken soup with lots of vegetables
- You should take an antflu pill every 8 hours



STOMACHACHE



- You should avoid laying down
- You should drink plenty water
- You should drink peptobismol
- You should drink ginnger tea whith 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
- Preventive medications such as metoprolol
- You should have some tea, coffee, or something with a little caffeine in it
- Don't give aspirin yo a child under age 18

