



UNIVERSIDAD DEL SURESTE

NOMBRE DEL ALUMNO: LEANDRO LOPEZ VELASCO

NOMBRE DEL TEMA: HEALTH AND ILLNESS

ACTIVIDAD: DISEASES AND SOLUTIONS OF THESE DISEASES THAT COULD HELP RECOVERY A PATIENT

MATERIA: INGLES IV

MAESTRA: EVANI VELASCO URBINA

LICENCIATURA: ENFERMERIA

CUATRIMESTRE: 4°

FECHA:14/10/2023

1. Fever

-take an ibuprofen pill

2. Flue

- Rest, take paracetamol or ibuprofen, stay hydrated.

3. Headache

- Take a pain reliever, rest in a dark and quiet place.

4. Diarrhea

- Drink water and clear liquids, avoid spicy foods.

5. Ear ache

- Antibiotics, apply warm compress to the affected ear.

6. stomachache

-drink a chamomile tea

7. Diabetes

-exercise and eat healthy foods

8. Toothache

-rinse mouth with warm water

9. backache

-apply ice to the affected part

10. Sore eye

-Apply an ice pack to your eye for 15 to 20 minutes at a time, once an hour

