



Mi Universidad

Cuadro sinóptico

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Health and Illness

Parcial II

Inglés IV

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Licenciatura en Enfermería

4to. Cuatrimestre

HEALTH AND ILLNESS

FEVER {

- You should drink a lot of liquid
- You should wear light clothes
- You should take painkillers

EARACHE {

- You should take painkillers
- You should put on warm compresses
- You should sleep without putting pressure on your ear

TOOTHACHE {

- You should rinse your mouth with warm water
- You should use dental floss every day
- You should take painkillers

DIABETES {

- You should lose weight
- You should avoid junk food
- You should do physical activities every day

DENGUE FEVER {

- You should wet your skin with warm water
- You should take acetaminophen every 6 hours
- You should drink a lot of electrolytes

COUGH {

- You should drink liquids to avoid dehydration
- You should take cough syrup
- You should avoid exposure to irritating substances

DIARRHEA {

- You should drink a lot of fluids
- You should avoid the consumption of caffeine and alcohol
- You should avoid exposure to irritating substances

FLUE {

- You should stay at home for a week resting
- You should wash your hands frequently
- You should avoid contact with other people

INJURY {

- You should rest
- You should use an inflammatory
- You should make movements to stretch your muscles

HIGH BLOOD PRESSURE {

- You should exercise regularly
- You should reduce salt in your diet
- You should stop smoking