



Mi Universidad

SYNOPTIC TABLE

Nombre del Alumno: Erika del Carmen Gutierrez Ozuna

Nombre del tema: "Health and illness"

Parcial: 4°

Nombre de la Materia: INGLES IV

Nombre del profesor: Evani Velazco Urbina

Nombre de la Licenciatura: Enfermería

Cuatrimestre: 4°

HEALTH
AND
ILLNESS

- Toothache
 - You should use cold water or ice
 - You should drink mint tea.
 - You should go to the dentist.
- Runny nose
 - You should use a nasal spray or drops.
 - You should apply warm compresses.
 - You should use vaporub at night.
- Fever
 - You should drink eucalyptus tea.
 - You should take pain relievers such as paracetamol or ibuprofen
 - You should rest and drink plenty of water.
- Diabetes
 - You should make an appropriate eating plan.
 - You should do physical activity.
 - You should reduce sugar consumption.
- Chicken pox
 - You should wear comfortable clothing that does not irritate the skin.
 - You should take a cold bath with baking soda.
 - You should go to the doctor.
- Stomachache
 - You should drink chamomile tea.
 - You should drink ginger tea.
 - You should drink some Pepto-Bismol.
- Diarrhea
 - You should avoid eating greasy food.
 - You should wash hands before eating food.
 - You should take a loperamide pill.
- Cough
 - You should drink honey and lemon tea.
 - You should eat hot broth.
 - You should stay warm in the cold season.
- Surgery
 - You should take a break.
 - You should eat a healthy and nutritious diet.
 - You should perform hygiene during surgery
- Sore throat
 - You should gargle with water and salt.
 - You should drink hot tea with honey.
 - You should drink chamomile tea.