

NAME: Esmeralda Yeraldi López Morales

ROLL NUMBER: Twelve

Subject: English III

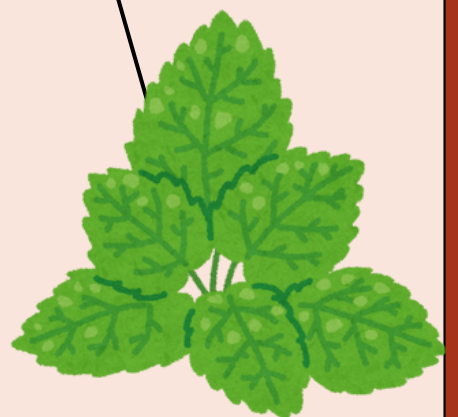
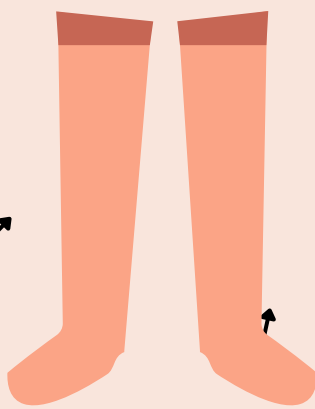
TEACHER'S NAME: Miss Georgina Olivia Vidal Alfonso

GRDE: Nursing 3rd

Date: Tuesday/June/11th/2024

SUGGESTIONS

BY Nurse: Esmeralda yeraldi López



IF I HAD: DIARRHEA



WHAT SHOULD I DO?



I SUGGEST TO:

- Drink orégano tea

- Do not consume cold products



- Take some rest



- Eat Hot soups

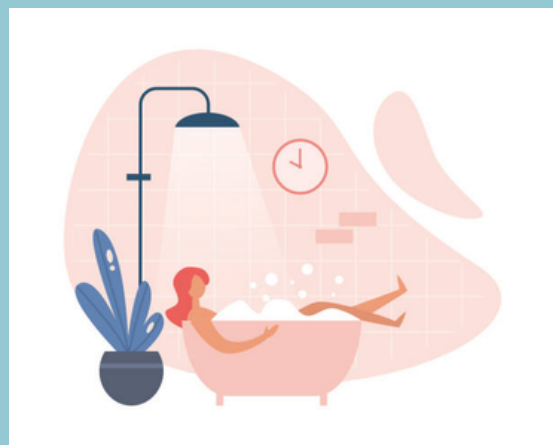




IF I HAD: CHOLIC WHAT SHOULD I DO?

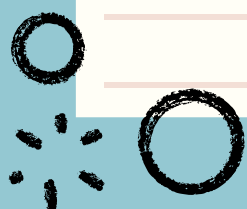
I SUGGEST TO:

*Drink chamomile tea



*Take a hot bath

*Take some rest



*Make exercise
regular



IF I HAD: STOMACH ACHE

WHAT SHOULD I DO?



I SUGGEST TO:

*Drink a verbena smoothie

*Drinking ginger tea



*Drink plenty of fluids

*Intake of fruits and vegetables



*Take peppermint tea



IF I HAD: FLU

WHAT SHOULD I DO?



I SUGGEST TO:



*Camphor leaf
tea

*take lemon tea with
cinnamon and honey



*Take orange tea
with honey

*Eating hot soups



IF I HAD: COUGH

WHAT SHOULD I DO?

I SUGGEST TO:

***Take oregano tea**



***Take lemon tea**

***Sufficient rest**



***inhaling water vapor for five minutes**



***Eat chicken soup**

