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ROLL NUMBER: twentieth

SUBJECT: ENGLISH III

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GRDE: NURSING 3RD



# SUGGESTIONS

# BY NURSE

NAOMI VÁZQUEZ PÉREZ





# IF I HAD DOLOR Y LAS NAUSEAS



WHAT SHOULD I DO  
I SUGGEST TO:

-HALF OF RAW GINGER

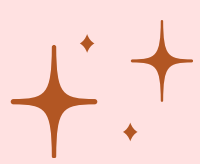
-TWO CUPS OF WATER

-LEMON JUICE

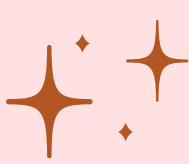
-SPOONFULS OF HONEY

TO TASTE





# IF I HAD: CHOLIC



## ¿WHAT SHOULD I DO?

DRINK CHAMOMILE  
TEA



TAKE A HOT BATH



TAKE SOME  
REST





# IF I HAD

# FLU

¿WHAT SHOULD I DO?

I SUGGEST TO



1

TAKE LEMON TEA WITH  
CINNAMON AND HONEY

EATING HOT SOUPS

2



3

EATING ORANGE  
WITH HONEY



EUCALYPTUS STEAM

4



# IF I HAD HEADACHE WHAT SHOULD I DO?

I SUGGEST TO

TAKING A BREAK



COLD COMPRESSES

GETTING FRESH AIR





# IF I HAD SORE THROAT

¿WHAT SHOULD I DO?

I SUGGEST TO

- SODIUM  
BICARBONATE  
RINSE



- HOT TEA WITH  
HONEY



- DRINKING WARM  
WATER

