



**NAME: ODALIS GARCIA MORALES**  
**ROLL NUMBER: 10 TROQUELES**  
**SUBJECT: ENGLISH III**  
**TEACHER 'S NAME : MISS GINA VIDAL**  
**GRADE: NURSE 3RD**  
**DATE: MONDEY JUNE NINE 2024**





# SUGGESTION:



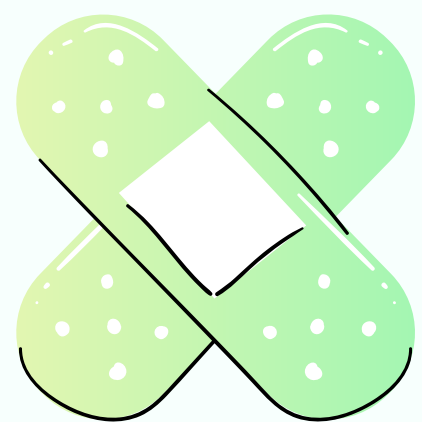
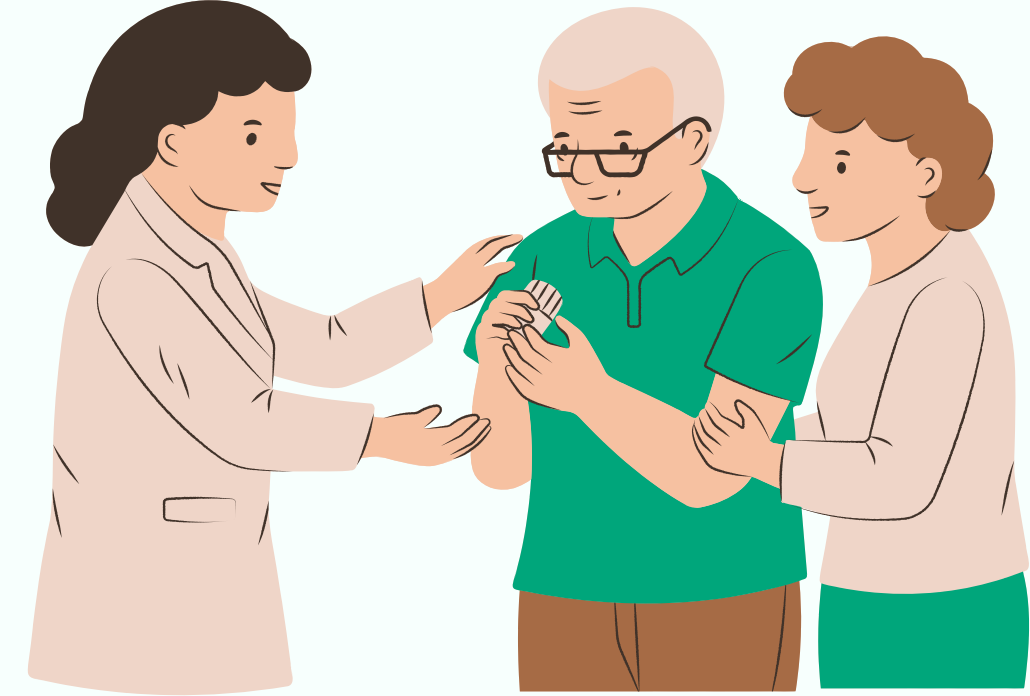
BY NURSE: ODALIS GARCIA MORALES



If I had: Dengue

What should I do? I suggest to:

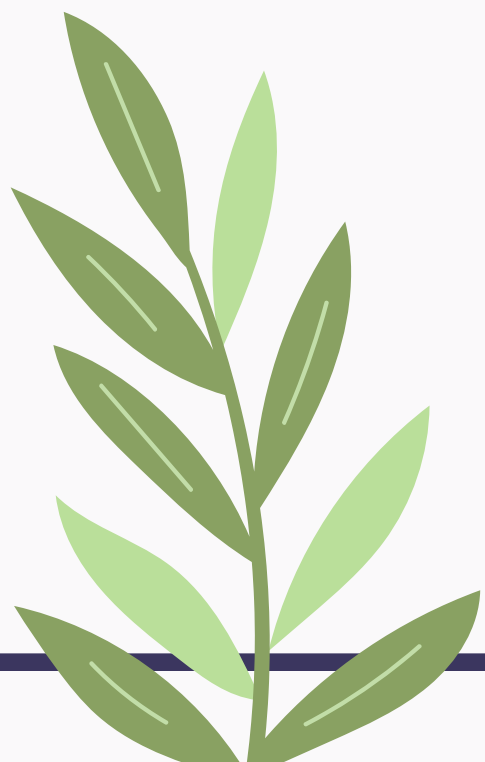
- Take some rest
- Drink onion tea
- Take verbena showers
- Taking verbena with alquera
- Put cold compresses on the head



## If I had Anemia

What should I do? I suggest to:

- Eating fruits and vegetables
- Drink betabel
- Drink verbena tea
- Eating grapes to raise platelets





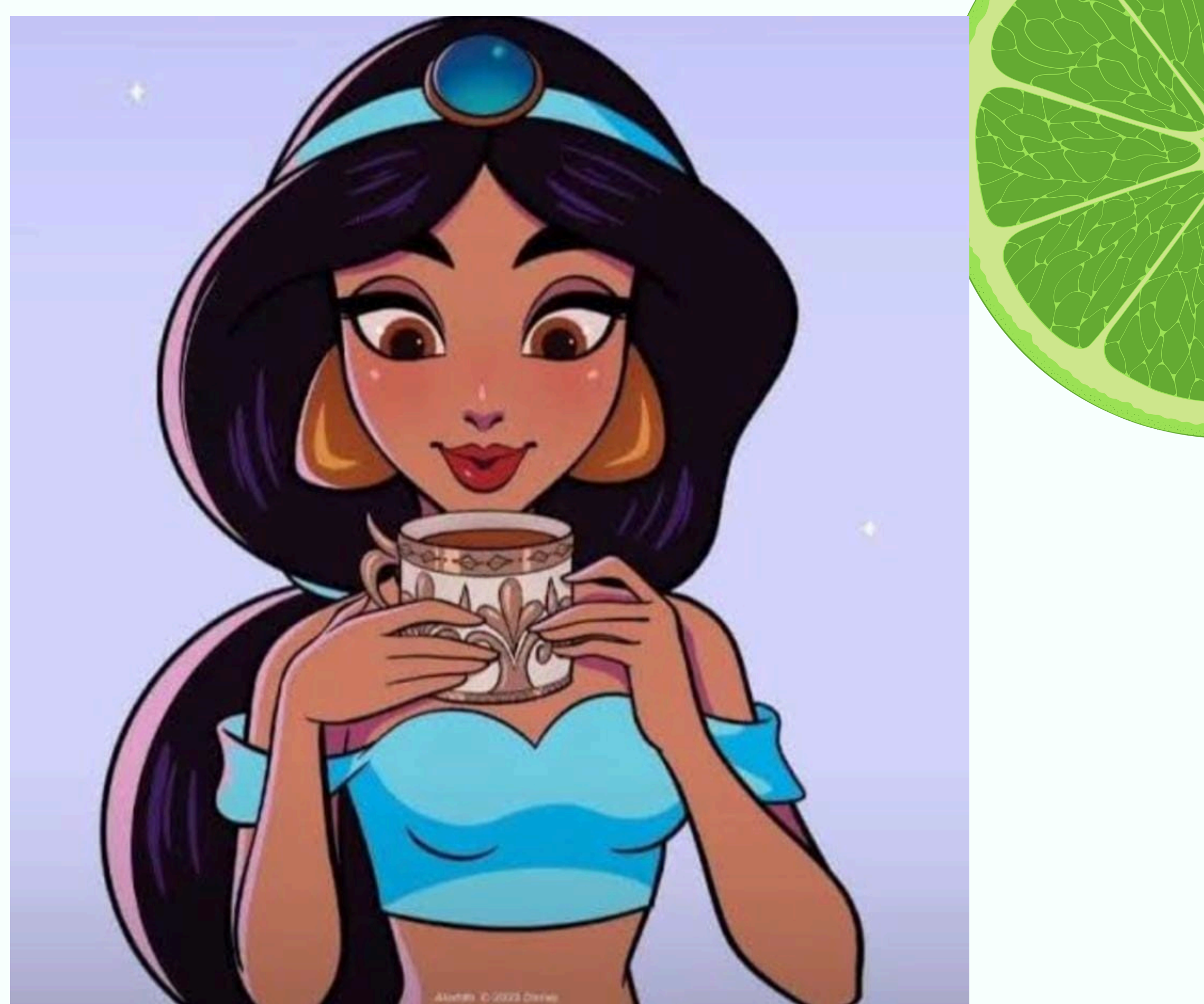
**If had Headache  
What should? I suggest to:**

- **Put verbena compresses**
- **Drink cucumber water**
- **Put Guava leaves on the head**

If I had: Flu

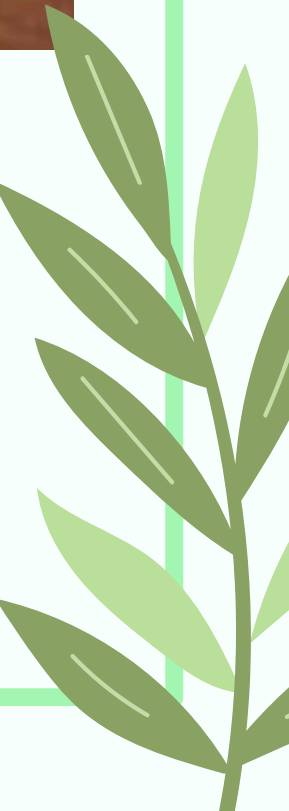
What should I do? I suggest to:

- Drink lemon tea
- Take some rest
- Eat chicken soup
- Lemon showers



If I had fever  
What should do? I suggest to

- Absolute rest
- Drink chamomile tea
- Bathe with verbena water
- Be placed compresses cold





# NATURAL MEDICINE

## BY NURSE: ODALIS GARCIA MORALES