



- ♥ NAME: Karla Valeria Ramos Cansino
- ♥ ROLL NUMBER: 15
- ♥ SUBJECT: INGLISH III
- ♥ TEACHER'S NAME: VIDAL ALFONZO GEORGINA OLIVIA
- ♥ GRADE: NURSING 3rd
- ♥ DATE: Monday June 10th 2024



SUGGESTION

BY NURSE: **KARLA VALERIA RAMOS CANCINO**



IF I HAD: DIZZINESS

WHAT SHOULD I DO?

I SUGGEST TO?



- ♥ DRINK GINGER TE
- ♥ DRINK WATER
- ♥ TAKE SOME REST
- ♥ DON`T USE CELLPHONE
- ♥ WALK SLOWLY
- ♥ DON`T DRINK COFFEE AND ALCOHOL

IF I HAD: MUSCLE PAIN

WHAT SHOULD I DO?

I SUGGEST TO?



- ♥ DRINK TURMERIC WATER
- ♥ MASSAGE THE ZONE WITH CREAM
- ♥ SPREAD COCONUT OIL CREAM
- ♥ LISTEN A 432 HZ BINAURAL NOTES
- ♥ DRINK WATER



IF I HAD: CHOLICS MENSTRUALS

WHAT SHOULD I DO?

I SUGGEST TO?



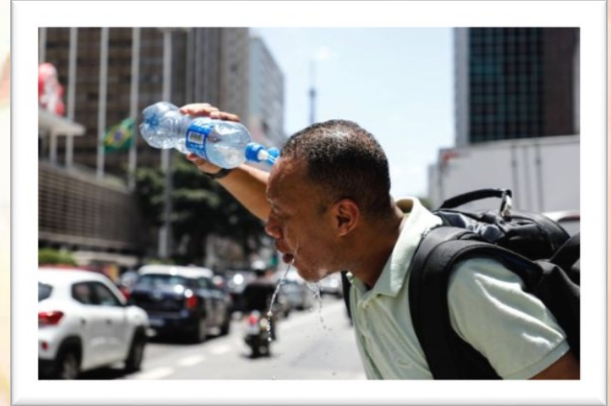
- ♥ TAKE SOME REST
- ♥ DRINK GINGER AND CINNAMON
- ♥ COMPRESS IN THE STOMACH
- ♥ DRINK MENT TEA
- ♥ SMELL EUCALYPTUS OIL



IF I HAD: SUNBURN

WHAT SHOULD I DO?

I SUGGEST TO?



♥ TAKE COLD WATER SHOWER

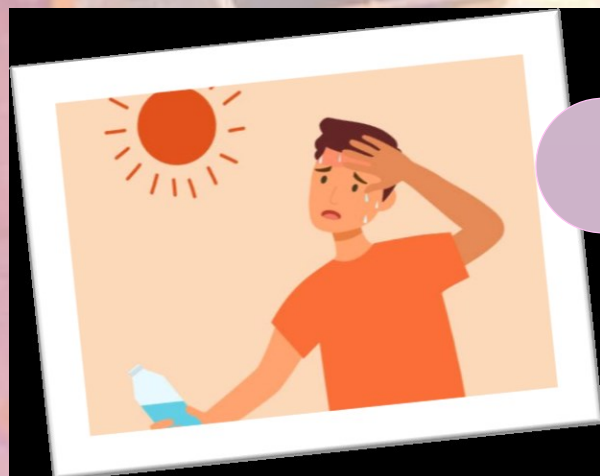
♥ TAKE SOME REST

♥ DRINK TOO MUCH, AND ELECTROLITS FOR

BEING HYDRATED

♥ USE A COMPRESS ON YOUR BODY AND

HEAD



IF I HAD: FEVER

WHAT SHOULD I DO?

I SUGGEST TO?



♥ COMPRESS IN THE FOREHEAD

♥ DRINK WATER

♥ TAKE SOME REST

♥ TAKE SHOWER

♥ DRINK APPLE TEA

♥ DON'T USE CELLPHONE

