



**NAME:** Yuridia Aguilar Montero

**ROLL NUMBER:** 3th

**SUBJECT:** English III

**TEACHER'S NAME:** Georgina  
Alfonzo

**GRADE:** Nursing 3rd

**DATE:** Tuesday 11th June 2024

**IF I HAD.....**

# **FLU**

## **WHAT SHOULD I DO?**

• **I SUGGEST TO:**

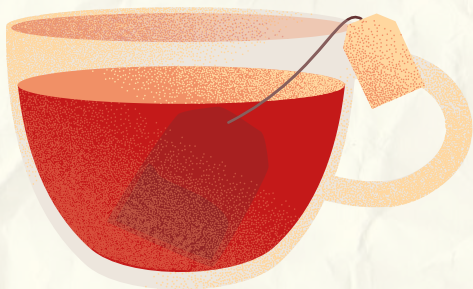
**-LEMON TEA, DRINK  
AND LEOM**

**-REST**

**COVER UP WELL**

**-GO TO**

**-RUBBING WITH  
VAPORU**





*IF I HAD.....*

# *FEVER*

## **WHAT SHOULD I DO?**

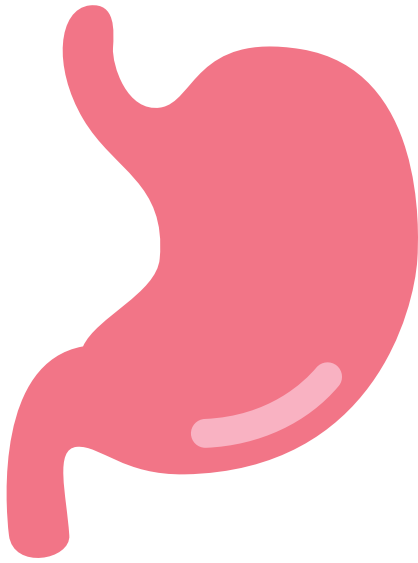
*I SUGGEST TO:*

- STANDING BATHS
- DRINK PLENTY OF FLUIDS
- REST
- TAKE A WARM BATH
- WEAR LIGHT CLOTHING



SUGGESTIONS BY  
NURSE YURIDIA

7F 9 HAD....



## STOMACHACHE

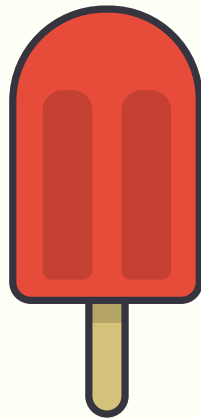
**CHAMOMILE TEA**  
**LAUREL TEA**  
**BUSCAPINA LEAF TEA**  
**REST**  
**LIYING FACE DOWN**  
**CAMOLILA TEA**  
**MINT AND GINGER TEA**



SUGGESTIONS BY  
NURSE YURIDIA

IF I HAD.....

sore throat



WHAT SHOULD I DO?

I SUGGEST TO:

- LEMON GARGLE
- LEMON TEA WITH HONEY
- EATING ICE CREAM
- GARGLING WITH SALT WATER
- EATING COLD FOOD





IF I HAD.....

# ANGER

*What should i do?*



- INOJO TEA
- CHAMOMILE TEA
- LAVANDER TEA
- PASSIONFLOWER TEA
- PASINFLOA TEA
- RELAX
- CALM DOWN



SUGGESTIONS BY  
NURSE YURIDIA