HEALTH CONDITIONS

TREATMENTS

1. Gargle warm salt water, suck lozenges, drink warm tea with honey

2. Drink oral rehydration salts (ORS), follow the BRAT diet and rest

3. Take a painkiller, rinse with warm salt water, see a dentist

4. Do gentle stretches, use a heating pad, check your posture

5. Take an antacid, avoid spicy/fatty foods, don't lie down after eating

6. Cool under running water 10–20 minutes, apply aloe gel, protect the skin

7. Keep a sleep routine, limit screens/caffeine at night, try herbal tea

8. Sip cold water, breathe slowly, hold your breath for a few seconds,

9. Rest in a quiet/dark room, drink water, take a painkiller

10. Wash the skin gently, apply calamine or anti-itch cream, avoid scratching

11. Eat more fiber, drink more water, walk daily, use a mild laxative (if needed)

12. Use a warm compress, take a painkiller, see a doctor

LIVEWORKSHEETS