

# CLICK, LISTEN AND REPEAT

## SUGGESTIONS



Stay in bed



Rest



drink lots of water



drink some tea  
with lemon and honey



Have a tea with



Go to the dentist



Take some cough syrup



eat fast



See a doctor



listen to loud music



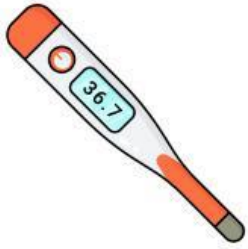
turn off  
your cellphone



Eat lots of sugar

# CLICK, LISTEN AND REPEAT

## SUGGESTIONS 2



check your temperature  
with a thermometer



take some painkillers  
take some antibiotics



Put some ice on the area  
Apply an icepack



apply / use rubbing alcohol  
clean / disinfect with rubbing alcohol



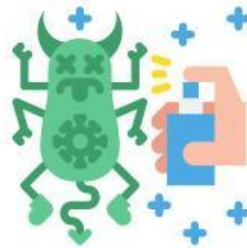
massage the area



wear gloves



Put a band aid on the cut  
Put a bandage on his arm



sterilize the area



check the pulse  
check the heart rate



apply antiseptic cream  
apply iodine



immobilize the leg / the arm

