

CLICK, LISTEN AND REPEAT

SUGGESTIONS



Stay in bed



Rest



drink lots of water



drink some tea
with lemon and honey



Listen to music



Go to the dentist



Take some cough syrup



eat fast food



See a doctor



listen to loud music



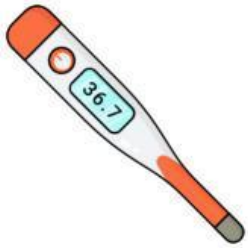
turn off
your cellphone



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



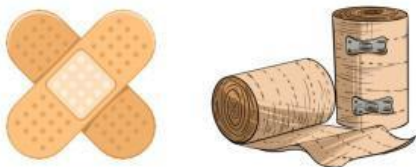
apply / use rubbing alcohol
clean / disinfect with rubbing alcohol



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