

# 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



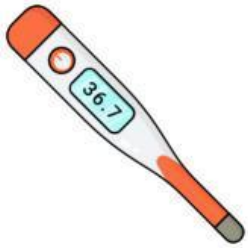
turn off  
your cellphone



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



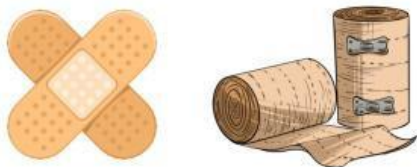
apply / use rubbing alcohol  
clean / disinfect with rubbing alcohol



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