

## Treating Illness - Class 2

### Common Illnesses, Injury Support, and Pediatric Home Toolkit

1. What is one important difference between a steam inhaler and a nebulizer?  
**A. A steam inhaler is mainly used for the upper airways, while a nebulizer is meant to get mist deeper into the lungs**  
B. A steam inhaler is used for coughs, while a nebulizer is used for sinus congestion migraines  
C. A nebulizer only works with herbs, while steam works with medicine  
D. A nebulizer is mainly used only for asthma
2. Why might plain saline be used in a nebulizer?  
A. It sterilizes the lungs immediately  
**B. It adds moisture and can help loosen mucus**  
C. It works like an antibiotic  
D. It lowers body temperature
3. According to the notes, why are many herbal cough syrups made with several different herbs?  
A. Because all herbs do exactly the same thing  
B. Because coughs are always caused by bacteria  
**C. Because different herbs can soothe, loosen mucus, or support the body in different ways**  
D. Because herbal syrups only work if they contain at least ten herbs
4. For a sprained ankle, which combination best matches this lecture's emphasis?  
A. Heating pad and with daily stretching of the ligaments  
**B. Compression brace and cooling support**  
C. Simple elastic wrap with a laced brace afterwards  
D. Warm bath with Epsom salt
5. What is the main thing to *not* do if you find a tick stuck to your skin?  
A. Never put baking soda on the skin  
B. Never wash the area afterward  
C. Never use a tick-removal tool  
**D. Never squeeze the tick (grab it with your fingers to pull it off)**
6. Which item was discussed as potentially helpful for constipation because it can pull water into the intestines and soften stool?  
**A. Magnesium oxide**  
B. Activated charcoal  
C. D-mannose  
D. Lysine

7. Which statement best matches the reason *D-mannose* can be useful for recurrent urinary tract infections?

A. It is mainly used to raise blood sugar

**B. It may help make it harder for certain bacteria to stick to the urinary tract lining**

C. It completely replaces all other approaches

D. It is mainly for fungal skin infections

8. Why can a blood glucose meter be useful even if no one in the home has diabetes?

A. Because it can measure hydration levels

B. Because it can diagnose ear infections

**C. Because it can show whether low blood sugar might be part of why someone feels shaky, dizzy, or faints**

D. Because it can treat headaches

9. What is one difference between canker sores and cold sores?

A. Canker sores are usually caused by HSV-1, but cold sores are not

B. Cold sores are usually inside the mouth only, while canker sores are on the lips and nose

**C. Cold sores are contagious, while canker sores are not**

D. Canker sores are always caused by low iron

10. Which set of tools are best for splinter-removal?

A. Thermometer and brace

**B. Tweezers and a headlamp**

C. Sharp needle and magnifying glass

D. Glucometer and otoscope

**Home Activity Key**

**Answer Key – Activity 1**

Situation	Best tool / support	Why this fits
Dry scratchy sore throat	Herbal throat spray, gargling with salt and xylitol water, or sucking on BLIS K12 lozenges	These help soothe irritated throat tissues, and some probiotic throat lozenges help support healthier throat/oral microbial balance.
Deep mucus-filled chest cough	Nebulizer with saline or other appropriate medicine	A nebulizer delivers mist deeper into the lungs and lower airways, where thick mucus and chest congestion are located.
Recurrent loose stool after travel	<i>Saccharomyces boulardii</i>	This beneficial yeast can help support gut balance and is often used for traveler’s diarrhea or loose stool.
Repeated UTIs	D-mannose	D-mannose may help make it harder for certain bacteria, especially <i>E. coli</i> , to stick to the urinary tract lining.
Muscle cramps after sweating a lot	Electrolyte tablets, topical magnesium, or Epsom salt bath	Sweating can contribute to fluid and mineral losses, so electrolyte and magnesium support may help.
Yellow, thick, degrading toenails	Antifungal support (ozonated oils)	This pattern suggests a fungal toenail infection rather than a simple injury.
Tick attached to skin	Tick-removal tool or careful removal with tweezers	A tick should be removed carefully without squeezing it, to reduce irritation and incomplete removal.
Mild constipation	Magnesium oxide (or supplementation)	Magnesium oxide acts as an osmotic laxative, helping pull water into the bowel to soften stool.
Painful lip sore that may be contagious	Cold sore support (lysine lip balm)	A sore near the lip edge that may be contagious is more suggestive of a cold sore than a canker sore.
Kidney stone support	Chanca piedra (“stone breaker”); tea or supplements	This herb has been studied for kidney stones and may help interfere with crystal formation or stone burden in some people.

A few of these have more than one acceptable answer, but these are the **best-match answers**

**Activity 2 – Match the support to the mechanism**

Instructions: Match each support item to the main way it works.

