**1. Common Cold**

**Symptoms:** Runny nose, sneezing, sore throat, mild fever, cough, congestion, headache  
**Treatment:** Rest, fluids, over-the-counter cold medicine (e.g., decongestants, antihistamines)  
**Prevention:** Wash hands regularly, avoid close contact with sick people, strengthen the immune system

**2. Influenza (Flu)**

**Symptoms:** Fever, chills, body aches, fatigue, sore throat, dry cough, nasal congestion  
**Treatment:** Antiviral drugs (e.g., Tamiflu), hydration, rest, fever reducers (e.g., ibuprofen)  
**Prevention:** Get a flu shot annually, practice good hygiene, avoid sick individuals

**3. COVID-19**

**Symptoms:** Fever, cough, difficulty breathing, fatigue, loss of taste/smell, body aches  
**Treatment:** Symptomatic relief, antiviral medications (Paxlovid in severe cases), oxygen therapy if needed  
**Prevention:** Vaccination, mask-wearing in crowded places, hand hygiene, social distancing

**4. Strep Throat**

**Symptoms:** Sore throat, fever, swollen lymph nodes, white patches on tonsils  
**Treatment:** Antibiotics (penicillin or amoxicillin), pain relievers, gargling salt water  
**Prevention:** Avoid sharing utensils, wash hands, maintain a healthy immune system

**5. Bronchitis**

**Symptoms:** Persistent cough (with mucus), chest discomfort, shortness of breath, fatigue  
**Treatment:** Rest, hydration, cough medicine, inhalers if needed  
**Prevention:** Avoid smoking, get vaccinated, wash hands frequently

**6. Pneumonia**

**Symptoms:** High fever, chills, chest pain, cough with mucus, difficulty breathing  
**Treatment:** Antibiotics (if bacterial), antivirals (if viral), oxygen therapy in severe cases  
**Prevention:** Get vaccinated, avoid smoking, practice good hygiene

**7. Sinusitis (Sinus Infection)**

**Symptoms:** Facial pain, nasal congestion, headache, thick nasal discharge, cough  
**Treatment:** Nasal saline rinse, decongestants, antibiotics (if bacterial)  
**Prevention:** Avoid allergens, maintain proper nasal hygiene, stay hydrated

**8. Gastroenteritis (Stomach Flu)**

**Symptoms:** Nausea, vomiting, diarrhea, stomach cramps, fever  
**Treatment:** Hydration (oral rehydration solutions), probiotics, rest, bland diet  
**Prevention:** Wash hands before eating, avoid contaminated food, stay hydrated

**9. Food Poisoning**

**Symptoms:** Vomiting, diarrhea, stomach cramps, fever, dehydration  
**Treatment:** Rehydration, rest, probiotics, anti-nausea medication (if severe)  
**Prevention:** Eat properly cooked food, store food safely, wash hands

**10. Urinary Tract Infection (UTI)**

**Symptoms:** Burning sensation while urinating, frequent urge to urinate, cloudy urine, lower abdominal pain  
**Treatment:** Antibiotics, increased water intake, cranberry supplements  
**Prevention:** Stay hydrated, urinate after intercourse, maintain hygiene

**11. Seasonal Allergies (Hay Fever)**

**Symptoms:** Sneezing, runny nose, itchy eyes, congestion, fatigue  
**Treatment:** Antihistamines, nasal sprays, allergy shots in severe cases  
**Prevention:** Avoid pollen-heavy areas, keep windows closed during high pollen seasons

**12. Asthma**

**Symptoms:** Wheezing, shortness of breath, chest tightness, coughing  
**Treatment:** Inhalers (bronchodilators), corticosteroids, avoiding triggers  
**Prevention:** Avoid smoke, allergens, and pollution; maintain a healthy weight

**13. Ear Infection**

**Symptoms:** Ear pain, difficulty hearing, fluid drainage, fever  
**Treatment:** Pain relievers, antibiotics (if bacterial), warm compresses  
**Prevention:** Avoid secondhand smoke, treat colds promptly, practice good ear hygiene

**14. High Blood Pressure (Hypertension)**

**Symptoms:** Often asymptomatic, but can cause headaches, dizziness, chest pain if severe  
**Treatment:** Lifestyle changes, blood pressure medications, regular monitoring  
**Prevention:** Maintain a healthy diet, exercise, reduce salt intake, manage stress

**15. Type 2 Diabetes**

**Symptoms:** Frequent urination, excessive thirst, fatigue, blurred vision, slow wound healing  
**Treatment:** Blood sugar management, lifestyle changes, insulin or oral medication  
**Prevention:** Eat a balanced diet, exercise, maintain a healthy weight

**16. Anxiety Disorders**

**Symptoms:** Excessive worry, restlessness, increased heart rate, difficulty concentrating  
**Treatment:** Therapy, lifestyle changes, medications (SSRIs, benzodiazepines)  
**Prevention:** Practice mindfulness, exercise, get adequate sleep

**17. Depression**

**Symptoms:** Persistent sadness, loss of interest, fatigue, sleep disturbances, difficulty concentrating  
**Treatment:** Therapy, antidepressants (SSRIs, SNRIs), lifestyle changes  
**Prevention:** Stay socially active, manage stress, seek professional help when needed

**18. Migraine**

**Symptoms:** Severe headache (often on one side), nausea, sensitivity to light and sound  
**Treatment:** Pain relievers, triptans, lifestyle changes, avoiding triggers  
**Prevention:** Maintain a regular sleep schedule, avoid known triggers, stay hydrated

**19. Skin Infections (Eczema, Fungal, Bacterial)**

**Symptoms:** Redness, itching, rashes, swelling, pus (if infected)  
**Treatment:** Antifungal creams (for fungal), antibiotics (for bacterial), corticosteroids (for eczema)  
**Prevention:** Keep skin clean and dry, avoid allergens, moisturize regularly

**20. Obesity**

**Symptoms:** Excess body fat, fatigue, joint pain, increased risk of other diseases  
**Treatment:** Diet and exercise, medications, bariatric surgery in extreme cases  
**Prevention:** Maintain a healthy diet, stay physically active, monitor weight regularly