

Page 1 - General Symptoms and Self-Care Tips

Headache

- Common causes: lack of sleep, dehydration, skipped meals, or stress.
- Self-care:
 1. Drink plenty of water.
 2. Rest in a quiet, dim room.
 3. Apply a cool compress on the forehead.
 4. If headaches persist for several days, consult a doctor.

Sore Throat

- Causes: viral infection, allergies, dry air, or overuse of voice.
- Self-care:
 1. Gargle warm salt water twice daily.
 2. Drink warm fluids (tea with honey, soups).
 3. Avoid smoking or dusty environments.
 4. Seek medical help if pain lasts more than 3 days or you have a high fever.

Fever

- Fever is a natural body response to infection.
- Self-care:
 1. Stay hydrated and rest well.
 2. Use a cool damp cloth on the forehead.
 3. Take paracetamol only if recommended by a healthcare provider.
 4. Visit a clinic if temperature exceeds 102F or lasts more than 48 hours.

Cough and Cold

- Usually caused by viral infection.
- Self-care:
 1. Keep the throat moist.
 2. Inhale steam for 5-10 minutes.
 3. Avoid cold drinks and fried foods.
 4. If cough persists beyond a week or is accompanied by breathing difficulty, seek medical care.

Page 2 - First-Aid and Emergency Basics

Minor Cuts and Scrapes

1. Wash hands before touching the wound.
2. Clean the area with mild soap and water.
3. Apply antiseptic and cover with a sterile bandage.
4. Change dressing daily.
5. Seek professional help if the wound is deep or bleeding heavily.

Burns (Minor)

1. Hold the burnt area under cool running water for 10 minutes.
2. Do not apply toothpaste or butter.
3. Cover with a clean, non-sticky dressing.
4. Consult a doctor if blisters form or the burn covers a large area.

Nosebleeds

1. Sit upright and lean slightly forward.

2. Pinch the soft part of the nose for 10 minutes.
3. Apply a cold compress to the bridge of the nose.
4. If bleeding continues for more than 20 minutes, visit the emergency room.

Fainting

1. Lay the person flat and elevate their legs.
2. Loosen tight clothing.
3. Ensure good airflow.
4. If they do not regain consciousness within a minute, call emergency services.

Safety Disclaimer:

This guide is for general awareness and first-aid education only.

It does not replace professional medical diagnosis or treatment.

Always consult a qualified healthcare provider for serious or persistent symptoms.