# Diagnosis and Treatment Plan

Based on the gathered information, a comprehensive treatment plan for the common cold may include the following:  
  
1. Rest: Getting plenty of rest allows the body to heal and recover.  
  
2. Stay hydrated: Drinking plenty of fluids, such as water, juice, clear broth, or warm lemon water, helps to loosen congestion and  
  
Based on the patient's symptoms of fever and cold, along with their medical history of anxiety and hypertension, the preliminary diagnosis is the common cold.  
  
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