

Influenza (Flu):

- Fever
- Cough
- Fatigue
- Muscle aches
- Headache

Common Cold:

- Runny or stuffy nose
- Sneezing
- Sore throat
- Cough

COVID-19:

- Fever
- Cough
- Shortness of breath
- Loss of taste or smell
- Fatigue

Pneumonia:

- High fever
- Cough with green or yellow mucus
- Difficulty breathing
- Chest pain

Asthma:

- Wheezing
- Shortness of breath
- Coughing
- Chest tightness

Diabetes:

- Excessive thirst and hunger
- Frequent urination
- Fatigue
- Blurred vision

Hypertension (High Blood Pressure):

- Headaches
- Dizziness
- Chest pain
- Shortness of breath

Heart Attack:

- Chest pain or discomfort
- Shortness of breath

Red, scaly skin patches

- Itching
- Nail changes

Eczema (Atopic Dermatitis):

- Itchy, inflamed skin
- Rash

Meningitis:

- Severe headache
- Stiff neck
- Fever

Epilepsy:

- Seizures
- Loss of consciousness
- Muscle jerking

Huntington's Disease:

- Cognitive decline
- Involuntary movements
- Emotional disturbances

Endometriosis:

- Pelvic pain
- Painful menstruation
- Infertility

Irritable Bowel Syndrome (IBS):

- Abdominal pain
- Diarrhea and/or constipation
- Bloating

Glaucoma:

- Vision loss or tunnel vision
- Eye pain
- Blurred vision

Chronic Obstructive Pulmonary Disease (COPD):

- Chronic cough

- Shortness of breath
- Chest tightness

Tuberculosis (TB):

- Cough with blood
- Chest pain
- Weight loss

Parkinson's Disease:

- Tremors
- Bradykinesia (slowness of movement)
- Muscle rigidity

Celiac Disease:

- Digestive issues
- Diarrhea
- Fatigue
- Skin rash

Crohn's Disease:

- Abdominal pain
- Diarrhea
- Weight loss

Colorectal Cancer:

- Changes in bowel habits
- Blood in stool
- Abdominal pain

Breast Cancer:

- Lump in the breast
- Nipple changes
- Skin changes

Prostate Cancer:

- Urinary problems
- Erectile dysfunction
- Pelvic pain

Ovarian Cancer:

- Abdominal bloating
- Pelvic pain
- Changes in urination

Lupus (Systemic Lupus Erythematosus):

- Joint pain
- Skin rashes
- Fatigue

HIV/AIDS:

- Fever
- Fatigue
- Weight loss
- Opportunistic infections

Lyme Disease:

- Rash
- Fever
- Joint pain

Hypoglycemia:

- Sweating
- Tremors
- Confusion

Anorexia Nervosa:

- Extreme weight loss
- Food restriction
- Body image issues

Bulimia Nervosa:

- Binge eating
- Purging behaviors (vomiting, laxative use)

Autism Spectrum Disorder:

- Social communication difficulties
- Repetitive behaviors
- Sensory sensitivities

Cushing's Syndrome:

- Weight gain (especially in the face and abdomen)
- High blood pressure
- Fatigue
- Muscle weakness

Graves' Disease:

- Rapid heartbeat
- Weight loss

- Anxiety
- Tremors

Addison's Disease:

- Fatigue
- Weight loss
- Low blood pressure
- Darkening of the skin

Amyotrophic Lateral Sclerosis (ALS):

- Muscle weakness and stiffness
- Difficulty speaking and swallowing
- Loss of motor control

Diverticulitis:

- Abdominal pain, usually on the left side
- Fever
- Changes in bowel habits

Pulmonary Embolism:

- Shortness of breath
- Chest pain (often sharp and sudden)
- Rapid heart rate

Tourette Syndrome:

- Involuntary, repetitive movements (tics)
- Vocal outbursts
- Difficulty concentrating

Raynaud's Disease:

- Numbness and tingling in fingers and toes
- Color changes in the skin in response to cold or stress

Bulging or Herniated Disc:

- Back or neck pain
- Numbness or tingling in limbs
- Muscle weakness

Systemic Sclerosis (Scleroderma):

- Thickening and tightening of the skin
- Raynaud's phenomenon
- Joint pain

Vitamin B12 Deficiency:

- Fatigue
- Weakness
- Cognitive difficulties

Anemia:

- Fatigue
- Weakness

Dengue Fever:

- Sudden onset of flu-like symptoms
- Fever
- Chills
- Headache
- Nausea
- Vomiting
- Severe joint pain
- Rash

Chikungunya:

- Fever
- Joint pain
- Rash
- Residual arthritis

Measles:

- Maculopapular rash
- Cough
- Runny nose
- Red eyes
- Recent exposure to a measles case
- No documented measles immunization

Meningococcal Infection:

- Petechial or purpuric rash
- Bruising
- Shock
- Stiff neck (if meningitis)

Tuberculosis:

- Weight loss
- Anorexia
- Night sweats
- Cough

- Enlarged liver and/or spleen
- Lymphadenopathy

Kala-azar:

- Endemic area
- Enlarged liver and/or spleen
- Anaemia
- Weight loss