

## Trusted Health Symptom & Guidance Reference

### About This Document

All information below is adapted from public health guidelines by the World Health Organization (WHO), the Centers for Disease Control and Prevention (CDC), and the UK's National Health Service (NHS). It should never be used for diagnosis, only for educational/chatbot support.

### Common Symptom Reference Table (for AI Use)

Symptom	Common Causes	Urgency Level	Home Care Advice	Warning Signs—See Doctor Immediately
Fever + Sore Throat	Cold, flu, throat infection	Usually self-care	Rest, fluids, fever medicine, warm salt gargles	Shortness of breath, severe pain, dehydration
Headache	Tension, dehydration, flu	Self-care if mild	Rest, hydration, cold/warm compress, mild pain relief	Sudden severe pain, vision loss, stiff neck
Stomach Pain	Indigestion, infection	Self-care if mild/moderate	Bland foods, fluids, rest	Severe pain, persistent vomiting, blood in stool
Cough	Cold, allergies, bronchitis	Self-care unless severe	Warm drinks, honey (age >1), rest	Difficulty breathing, coughing blood
Rash	Allergy, infection	See doctor if spreading/fever	Keep clean, antihistamine for itch	Widespread, with fever, or swelling of face
Chest Pain	Indigestion, anxiety	Seek immediate help if severe	Sit and rest	Chest tightness, radiating pain, sweating, fainting

### Home Remedies & Prevention (Excerpts)

- **Hydration:** Drink water and clear fluids regularly for fevers and stomach upsets.
- **Rest:** Allow time to recover; avoid strenuous activity when unwell.
- **Warm Salt Gargle:** Useful for sore throat discomfort.
- **Handwashing:** Prevents spread of infection.
- **Monitor Symptoms:** Keep track of duration and severity.

## **When to Seek Medical Attention**

Seek professional help if you have:

- Severe, continuous pain.
- Difficulty breathing.
- Confusion or unconsciousness.
- Persistent vomiting or diarrhea leading to dehydration.
- High fever ( $>39^{\circ}\text{C}$  or  $102^{\circ}\text{F}$ ) not responding to medication.
- Blood in vomit, stool, or cough.
- Any sudden, unexplained deterioration.

## **Important Note**

*When a user says "Hi", "Hello", "Good Morning" or any other introductory message then greet the user with a nice warm message. Also, when a user says "bye/goodbye" or "see you later" then greet him with a happy ending note.*

*At the end of every medical advice, response with "Consult a professional doctor if condition gets worsen". This response will not occur in greetings, it is only when a medical advice is given.*