# Medical Symptom Assessment Report

## Symptom Responses

- How severe are the chills?: No

- Are the chills accompanied by shaking or shivering?: Severe

- How long have you experienced these chills?: Mild

- Do the chills come and go, or are they constant?: Severe

- Are the chills localized to a specific area of your body, or are they throughout your body?: Mild

- Do the chills cause you significant discomfort or distress?: Severe

- Are the chills accompanied by other symptoms such as fever, headache, or muscle aches?: Mild

## Additional Symptoms

- chills

- headache

## Predicted Diseases

- 🧠 Influenza (Flu) - High Probability

📝 Chills and headache are common initial symptoms of influenza.

⚠️ Precautions: Get vaccinated annually, practice good hygiene (frequent handwashing, covering coughs and sneezes), avoid close contact with sick individuals.

🛠️ Remedies: Rest, drink plenty of fluids, over-the-counter pain relievers (like ibuprofen or acetaminophen) to manage fever and aches. See a doctor if symptoms worsen or persist.

- 🧠 Common Cold - Medium Probability

📝 While a common cold can manifest in various ways, headache and chills can be present, especially in the early stages.

⚠️ Precautions: Similar to influenza prevention: good hygiene, avoid close contact with sick individuals.

🛠️ Remedies: Rest, drink plenty of fluids, over-the-counter decongestants or pain relievers. Most colds resolve on their own within a week to ten days.

- 🧠 Migraine - Medium Probability

📝 Migraines can be accompanied by chills and intense headaches. However, the absence of other flu-like symptoms might point away from influenza.

⚠️ Precautions: Identify and avoid triggers (certain foods, stress, lack of sleep), maintain a regular sleep schedule, manage stress effectively.

🛠️ Remedies: Over-the-counter pain relievers, rest in a dark, quiet room. For severe migraines, a doctor may prescribe specific medication.

⚠️ This is not a diagnosis. Please consult a doctor.