
■ COMMON HEALTH SYMPTOMS AND WHAT TO DO

🌡️ Fever

- **Possible Causes:** Infection (viral, bacterial), inflammation, heat exhaustion, vaccines, autoimmune disorders.
 - **What to Do:**
 - Rest and stay hydrated.
 - Take antipyretics (e.g., paracetamol, ibuprofen).
 - Seek medical help if fever is $>39.4^{\circ}\text{C}$ (103°F), lasts more than 3 days, or is accompanied by rash, confusion, or breathing issues.
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🗣️ Cough

- **Possible Causes:** Cold, flu, COVID-19, allergies, bronchitis, asthma, smoking.
 - **What to Do:**
 - Use cough suppressants or expectorants as needed.
 - Drink warm fluids (e.g., tea, broth).
 - Avoid smoking and allergens.
 - Seek medical help if lasting >3 weeks or with blood/phlegm.
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👉 Shortness of Breath

- **Possible Causes:** Asthma, heart problems, anxiety, COVID-19, pneumonia, anemia.
- **What to Do:**
 - Sit upright, calm breathing.
 - Use inhaler if asthmatic.

- Call emergency services if severe or sudden.
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Headache

- **Possible Causes:** Tension, migraine, dehydration, high blood pressure, sinusitis.
 - **What to Do:**
 - Rest in a quiet, dark room.
 - Hydrate.
 - Take pain relievers (e.g., acetaminophen, ibuprofen).
 - See a doctor if sudden/severe or with vision/speech problems.
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Nausea / Vomiting

- **Possible Causes:** Food poisoning, pregnancy, motion sickness, infections.
 - **What to Do:**
 - Drink small sips of water or rehydration fluids.
 - Avoid solid food until vomiting stops.
 - Use anti-nausea meds if prescribed.
 - See a doctor if persistent, bloody vomit, or signs of dehydration.
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Diarrhea

- **Possible Causes:** Infections, IBS, food intolerance, medications.
 - **What to Do:**
 - Stay hydrated with oral rehydration salts.
 - Avoid dairy, fatty, or spicy foods.
 - Seek medical help if >2 days, with fever, blood, or dehydration.
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Dizziness / Lightheadedness

- **Possible Causes:** Low blood pressure, dehydration, anemia, inner ear problems.
 - **What to Do:**
 - Sit or lie down immediately.
 - Drink water and eat something if not eaten recently.
 - See a doctor if persistent, or with chest pain/fainting.
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Fatigue

- **Possible Causes:** Lack of sleep, stress, anemia, thyroid issues, depression, diabetes.
 - **What to Do:**
 - Improve sleep habits and nutrition.
 - Manage stress.
 - Get blood tests if chronic.
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Abdominal Pain

- **Possible Causes:** Gas, constipation, infections, ulcers, appendicitis.
 - **What to Do:**
 - Use heat pads or antacids if mild.
 - See a doctor if severe, sudden, or with fever, vomiting, or bleeding.
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Ear Pain

- **Possible Causes:** Infection, wax buildup, injury, throat infections.
- **What to Do:**
 - Use warm compress.
 - Use over-the-counter drops if advised.
 - Consult a doctor if pain persists.

Chest Pain

- **Possible Causes:** Heart attack, anxiety, GERD, muscle strain.
- **What to Do:**
 - Call emergency services if pressure, radiating pain, or shortness of breath.
 - Take aspirin if heart-related (only if advised).
 - Rest and monitor.

Confusion / Disorientation

- **Possible Causes:** Stroke, low blood sugar, infection, head injury.
- **What to Do:**
 - Seek emergency care immediately.

● Skin Rash

- **Possible Causes:** Allergies, eczema, infections, heat rash.
- **What to Do:**
 - Use antihistamines, calamine lotion.
 - Avoid scratching.
 - Consult a doctor if spreading, painful, or with fever.

Swelling

- **Possible Causes:** Injury, infection, DVT, kidney or heart failure.
- **What to Do:**
 - Elevate affected area.
 - Apply cold compress.
 - Seek medical help if sudden, painful, or with breathing issues.

Blurred Vision

- **Possible Causes:** Eye strain, diabetes, glaucoma, stroke.
- **What to Do:**
 - Rest eyes.
 - Get an eye exam.
 - Immediate care if sudden or with other neurological symptoms.

Excessive Sweating

- **Possible Causes:** Anxiety, infection, menopause, hyperthyroidism.
- **What to Do:**
 - Stay cool, hydrated.
 - Seek medical evaluation for night sweats or unexplained sweating.

Fainting (Syncope)

- **Possible Causes:** Low BP, dehydration, heart issues.
- **What to Do:**
 - Lie down with legs elevated.
 - Get medical evaluation if recurring or with chest pain.

Insomnia

- **Possible Causes:** Stress, anxiety, caffeine, pain, sleep disorders.
- **What to Do:**
 - Practice good sleep hygiene.
 - Avoid caffeine/alcohol before bed.
 - Cognitive Behavioral Therapy (CBT) if chronic.

Would you like this formatted into a downloadable PDF or broken down into categories like:

- Mental health symptoms
- Digestive system
- Respiratory system
- Cardiovascular symptoms
- Women's health
- Children's health

Sure! I'll continue expanding the list of symptoms with their possible causes and what you can do, organized by systems and common scenarios. Here's the next set:

Infection Signs

- **Symptoms:** Redness, warmth, swelling, pus, fever, fatigue.
 - **What to Do:**
 - Keep area clean.
 - Apply antiseptic.
 - See a doctor for antibiotics if bacterial infection suspected.
 - Seek emergency care if spreading rapidly or with high fever.
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Bleeding (Nosebleeds, Cuts, etc.)

- **Possible Causes:** Injury, dry air, high blood pressure, blood disorders.
- **What to Do:**
 - Apply direct pressure to bleeding site.
 - Keep head elevated for nosebleeds.
 - Use saline nasal spray to prevent dryness.
 - Seek medical help if bleeding is heavy or doesn't stop after 20 minutes.

Leg Cramps

- **Possible Causes:** Dehydration, electrolyte imbalance, overuse, circulation problems.
- **What to Do:**
 - Stretch and massage affected muscle.
 - Drink fluids rich in electrolytes.
 - Warm bath or heat pad.
 - See a doctor if frequent or severe.

Memory Loss / Forgetfulness

- **Possible Causes:** Aging, stress, depression, dementia, vitamin deficiency.
- **What to Do:**
 - Keep mentally active.
 - Manage stress and sleep well.
 - See a healthcare professional if sudden or worsening.

Toothache

- **Possible Causes:** Cavities, infection, gum disease, tooth fracture.
- **What to Do:**
 - Rinse mouth with warm salt water.
 - Use over-the-counter pain relievers.
 - See a dentist ASAP.

Pregnancy-Related Symptoms

- **Common Symptoms:** Morning sickness, fatigue, swelling, mood changes.

- **What to Do:**
 - Eat small frequent meals.
 - Stay hydrated.
 - Consult your OB/GYN regularly.
 - Avoid harmful substances.
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Loss of Appetite

- **Possible Causes:** Illness, stress, medication side effects, depression.
 - **What to Do:**
 - Eat small, nutritious meals.
 - Address underlying causes.
 - Seek medical advice if prolonged or with weight loss.
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Hot Flashes

- **Possible Causes:** Menopause, hormonal imbalance.
 - **What to Do:**
 - Wear light clothing.
 - Avoid triggers like caffeine and spicy food.
 - Discuss hormone therapy or alternatives with a doctor.
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Foot Pain

- **Possible Causes:** Injury, plantar fasciitis, arthritis, nerve issues.
- **What to Do:**
 - Rest and ice the area.
 - Use supportive footwear.
 - See a doctor if persistent or worsening.

Muscle Pain / Myalgia

- **Possible Causes:** Overuse, injury, infections (like flu), autoimmune disorders.
 - **What to Do:**
 - Rest and apply ice or heat.
 - Take pain relievers.
 - Stretch gently.
 - Seek medical evaluation if severe or prolonged.
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Excessive Thirst

- **Possible Causes:** Diabetes, dehydration, kidney problems.
 - **What to Do:**
 - Drink water regularly.
 - See a doctor for blood sugar testing if persistent.
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Allergic Reactions

- **Symptoms:** Rash, itching, swelling, sneezing, watery eyes.
 - **What to Do:**
 - Avoid known allergens.
 - Use antihistamines.
 - Seek emergency care if difficulty breathing or swelling of face/throat.
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Joint Pain

- **Possible Causes:** Arthritis, injury, infection.
- **What to Do:**
 - Rest and apply ice.

- Use anti-inflammatory meds.
 - See a doctor if joint is swollen, warm, or very painful.
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5 Rapid or Irregular Heartbeat (Palpitations)

- **Possible Causes:** Anxiety, caffeine, heart conditions.
 - **What to Do:**
 - Sit and breathe deeply.
 - Avoid stimulants.
 - Seek medical care if associated with dizziness or chest pain.
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§ Congestion (Nasal)

- **Possible Causes:** Cold, allergies, sinus infection.
 - **What to Do:**
 - Use saline nasal sprays.
 - Use humidifier.
 - Consult doctor if lasting more than 10 days or severe pain.
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↔ High Blood Pressure (Often No Symptoms)

- **Possible Signs:** Headache, dizziness, nosebleeds (rare).
 - **What to Do:**
 - Regularly monitor BP.
 - Maintain healthy diet and exercise.
 - Take prescribed meds.
 - Consult doctor regularly.
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👤 Balance Problems

- **Possible Causes:** Inner ear issues, neurological disorders.
 - **What to Do:**
 - Avoid sudden movements.
 - Use support when walking.
 - Seek medical evaluation.
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Would you like me to keep going with more rare symptoms or specific systems? Or help with particular conditions you are interested in?

- **Back Pain:** Maintain proper posture, engage in regular stretching exercises, and apply heat or cold packs. Consult a healthcare provider if pain persists.
- **Allergies:** Identify and avoid allergens, use antihistamines as directed, and consider allergy testing for persistent symptoms.
- **Insomnia:** Establish a consistent sleep routine, limit caffeine and screen time before bed, and create a comfortable sleep environment. Seek medical advice if insomnia continues.
- **Anxiety:** Practice relaxation techniques such as deep breathing and mindfulness. Regular physical activity and counseling can also be beneficial.
- **Depression:** Engage in regular physical activity, maintain social connections, and seek professional help when needed.
- **High Blood Pressure:** Adopt a balanced diet low in sodium, exercise regularly, and monitor blood pressure levels. Medication may be necessary as prescribed.
- **Diabetes:** Monitor blood sugar levels, follow a balanced diet, engage in regular physical activity, and adhere to prescribed medications.
- **Asthma:** Avoid known triggers, use inhalers as prescribed, and have an action plan in place for asthma attacks.
- **COVID-19:** Follow public health guidelines, get vaccinated, and monitor for symptoms such as fever, cough, and loss of taste or smell.

Flu: Rest, stay hydrated, and use over-the-counter medications to relieve symptoms. Annual vaccination is recommended.

Symptom Combination to Disease Mapping

Symptom Combo

Fever + Cough + Shortness of Breath

Headache + Nausea + Light Sensitivity

Chest Pain + Sweating + Shortness of Breath

Dizziness + Fatigue + Pale Skin

Abdominal Pain + Diarrhea + Fever

Possible Conditions

COVID-19, Pneumonia, Flu

Migraine, Meningitis

Heart Attack

Anemia, Low Blood Pressure

Gastroenteritis, Food Poisoning

Symptom Evaluation Flow Example (Cough)

Cough → Dry?

■ → Yes → Itchy throat or allergy history?

■ → Yes → Likely Allergic Cough → Antihistamines

■ → No → COVID/Flu test recommended

■ → No → Productive cough?

■ → Yes → Green/yellow phlegm → Possible infection → See a doctor