

Common Diseases, Symptoms, and Treatments

1. Malaria

- Signs & Symptoms: Fever, chills, sweating, headache, fatigue, nausea.
- Common Medicines:
 - Artemisinin-based combination therapies (ACTs) - Kills malaria parasites.
 - Chloroquine - Used in areas with chloroquine-sensitive malaria.
- Reason for Treatment: ACTs rapidly reduce parasite load in blood, preventing severe complications.

2. COVID-19

- Signs & Symptoms: Fever, cough, sore throat, fatigue, loss of taste/smell, shortness of breath.
- Common Medicines/Treatments:
 - Paracetamol - Reduces fever and body pain.
 - Oxygen therapy - Supports patients with low oxygen levels.
 - Antiviral drugs (like Remdesivir) - Helps reduce viral replication in severe cases.
- Reason for Treatment: Symptom relief, oxygen support prevents respiratory failure, antivirals reduce disease severity.

3. Dengue

- Signs & Symptoms: High fever, severe headache, joint/muscle pain, rash, bleeding tendencies.
- Common Medicines/Treatments:
 - Paracetamol - Reduces fever and pain.
 - Hydration therapy - Prevents dehydration.
- Reason for Treatment: Symptom relief and preventing complications like dengue hemorrhagic fever.

4. Common Cold

- Signs & Symptoms: Sneezing, runny nose, sore throat, mild fever, cough.
- Common Medicines/Treatments:
 - Decongestants - Relieve nasal congestion.
 - Paracetamol/Ibuprofen - Reduce mild fever and aches.
- Reason for Treatment: Symptomatic relief; cold usually resolves on its own.

5. Influenza (Flu)

- Signs & Symptoms: Fever, chills, muscle aches, cough, fatigue, headache.
- Common Medicines/Treatments:
 - Oseltamivir (Tamiflu) - Reduces viral replication if started early.
 - Paracetamol - Relieves fever and body aches.
- Reason for Treatment: Shortens duration and severity of illness.