

Lifespring Clinic – Symptoms Guidance

1. Common Symptoms Guidance

Lifespring Clinic provides general advice on commonly experienced symptoms to help patients make informed decisions:

- **Fever:** Monitor temperature; stay hydrated; rest; seek medical attention if fever exceeds 102°F or persists more than 3 days.
- **Cough & Cold:** Use over-the-counter remedies for relief; maintain hydration; consult if symptoms persist beyond 2 weeks or worsen.
- **Headache:** Rest, hydration, and avoiding triggers may help; urgent consultation needed if headache is sudden, severe, or accompanied by vision changes.
- **Abdominal Pain:** Mild discomfort may be managed with dietary adjustments; seek medical care if pain is severe, persistent, or associated with vomiting/bleeding.
- **Fatigue:** Ensure proper sleep, nutrition, and exercise; consult if fatigue is prolonged or impacts daily activities.

2. When to Visit the Clinic

Patients are advised to visit the clinic promptly in the following cases:

- High or persistent fever
- Severe or unexplained pain
- Difficulty breathing, chest pain, or dizziness
- Unusual rashes, swelling, or infections
- Chronic symptoms worsening despite home care
- Sudden changes in health or medical emergencies

3. Non-Diagnostic Advice

- Maintain a balanced diet and adequate hydration.
 - Practice regular hand hygiene and sanitation.
 - Get appropriate vaccinations according to age and risk factors.
 - Avoid self-medicating with prescription drugs.
 - Rest and manage stress to support immune function.
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4. Safety Disclaimers

- This guidance **does not replace professional medical consultation**.
- Information provided is for general educational purposes only.
- Always consult a qualified healthcare provider for diagnosis, treatment, or emergency care.
- In case of severe or life-threatening symptoms, **call emergency services immediately**.
- Lifespring Clinic is **not responsible for complications** arising from self-diagnosis or home treatment.