

## Common Conditions Handbook

### Influenza (Flu):

- Key symptoms: Fever  $>100^{\circ}\text{F}$ , headache, muscle pain, fatigue
- Incubation period: 1-4 days
- Recommended testing: Rapid antigen test
- High-risk groups: Elderly, pregnant women

### GERD (Acid Reflux):

- Primary symptoms: Heartburn, regurgitation, chest pain
- Diagnostic criteria: Symptom frequency  $>2\text{x/week}$
- First-line treatment: Proton pump inhibitors