common cold



The Flu



Rotavirus



Norovirus



Measles



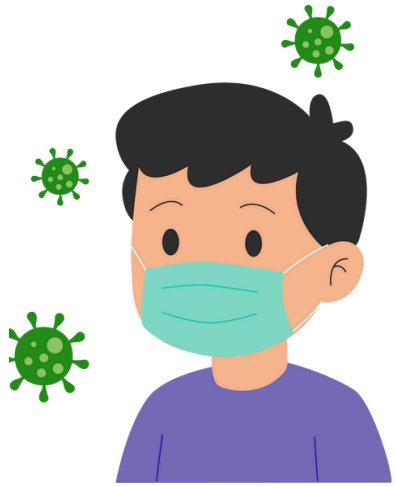
Chickenpox



Dengue fever



COVID-19



A mild virus that gives you a runny nose, sneezing, and a small cough. It goes away on its own.

A stronger virus that causes fever, body aches, and tiredness. You feel more sick than with a cold.

A stomach virus that causes watery diarrhea, vomiting, and stomach pain. Very common in children

A virus that spreads fast and causes vomiting, diarrhea, and stomach cramps.

A virus that causes a high fever and a red, spotty rash all over the body.

A virus that gives itchy red spots and blisters on the skin.

A virus spread by mosquitoes. It causes high fever, bad headache, and strong body pain.

A virus that causes fever, cough, and tiredness. Sometimes you lose your sense of taste or smell.

Strep throat



pneumonia



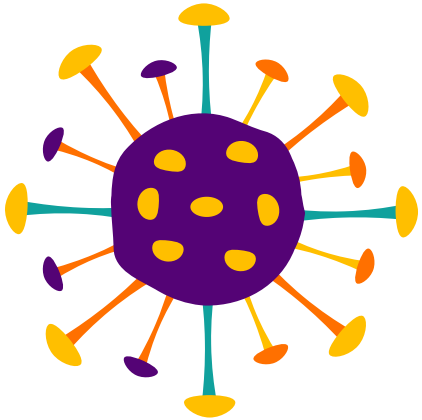
Urinary tract infection (UTI)



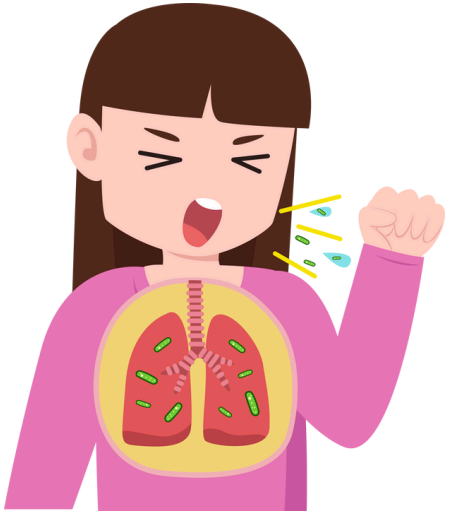
Typhoid fever



Cholera



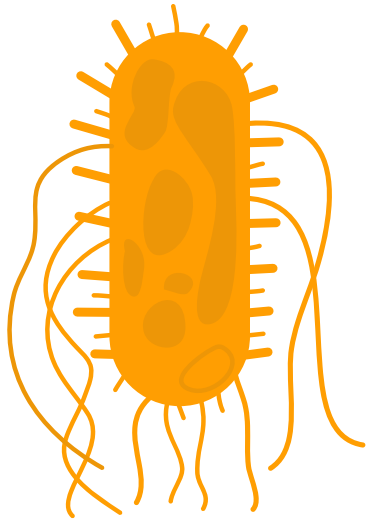
Tuberculosis



Impetigo



Typhoid



A bacterial infection that makes your throat very sore, red, and painful when swallowing.

A lung infection that makes it hard to breathe. You get fever, cough, and chest pain.

A bacterial infection that makes peeing painful. You may need to pee very often.

A bacterial infection from dirty water or food. It causes fever, stomach pain, and weakness.

A bacterial infection from dirty water. It causes lots of watery diarrhea and can make you dehydrated.

A bacterial lung infection that causes coughing for a long time, chest pain, and tiredness.

A skin infection that makes red sores and yellow crusts, usually around the mouth and nose.

A sickness from dirty water. It gives you fever and tummy pain. You need antibiotics to get better.

VIRUS INFECTIONS

BACTERIAL INFECTIONS

ACTION CARD

Rest & Drink Water

When you are sick, your body needs rest. Sleep, relax, and drink clean water so your body can fight the infection.

ACTION CARD

No Antibiotics

Antibiotics do NOT work for viruses like the cold, flu, chickenpox, or COVID-19. Rest and water are enough.

ACTION CARD

Take Antibiotics

Some bacteria need antibiotics to get better. Only a doctor can give the right medicine. Do not take antibiotics by yourself.

ACTION CARD

Take Painkillers

Painkillers like paracetamol help reduce fever and pain. They do NOT cure the infection but help you feel better.