

## **Systemic Symptoms**

Chills/flushing/sweats

Coldness

Elevated temperature

Fatigue

Fever

Heat intolerance

Low temperature

Night sweats

Other temperature problems

Post-Exertional Malaise

Skin sensations: burning, tingling, or itchiness without rash

Temperature lability

Weakness

## **Reproductive / Genitourinary / Endocrine Symptoms**

Abnormally heavy periods/clotting

Abnormally irregular periods

Menstrual/period issues - with menstrual cycles

Menstrual/period issues - post-menopausal and no/other menstrual cycles

Reproductive issues

Decrease in size of testicles/penis

Early Menopause women

Extreme thirst

High blood sugar

Low blood sugar

Other menstrual issues

Other semen/penis/testicles issues

Pain in testicles

Post-Menopausal bleeding/spotting

Bladder control issues

Sexual dysfunction

Sexual dysfunction - women

Urinary issues

### **Cardiovascular Symptoms**

Abnormally high blood pressure

Abnormally low blood pressure

Blood clots (Thrombosis)

Bradycardia (low heart rate under 60 beats per minute)

Fainting

Heart palpitations

Pain/burning in chest

Tachycardia

### **Musculoskeletal Symptoms**

Joint pain

Muscle aches

Bone ache or burning

Muscle spasms

Stiff neck

Tightness of Chest

### **Immunologic / Autoimmune Symptom**

Changes in sensitivity to medication

Dermatographia (writing on your skin causes red lines where you scratched)

Heightened reaction to old allergies

New allergies (food, chemical, environmental, etc)

New/unexpected anaphylaxis reaction

Shingles

### **Head, Ear, Eyes, Nose, Throat Symptoms**

Bloodshot eyes

Changes in the voice

Changes to the ear canal (such as pressure, blockage, burning, swelling)

Dry eyes

Ear and Hearing Symptoms - Hearing loss

Ear and Hearing Symptoms - Other ear/hearing issues

Ear pain

Eye pressure or pain

Facial paralysis (please indicate where on face was paralyzed)

Floaters

Itchy eyes

Lump in throat/difficulty swallowing

Numbness/loss of sensation in/near the ear

Other eye issues

Pink eye (conjunctivitis)

Redness on the outside of eyes

Runny nose

Seeing things in your peripheral vision

Sensation of facial pressure/numbness

Sensitivity to light

Sneezing

Sore Throat

Blurred vision

Double vision

Total loss of vision

Tunnel vision

Cough with mucus production

Dry cough

Episodes of breathing difficulty/gasping for air when your oxygen saturation is normal

Low oxygen levels under 94%

Coughing up Blood

Other Respiratory and Sinus Symptoms

Rattling of breath

Shortness of Breath

### **Gastrointestinal Symptoms**

Abdominal pain

Constipation

Diarrhea

Feeling full quickly when eating

Hyperactive bowel sensations

Loss of Appetite

Lower Esophagus Burning / gastroesophageal reflux / acid reflux

Nausea

Vomiting

## **Dermatologic Symptoms**

Brittle/discolored nail

Itchy skin

COVID toes (discoloration, swelling, painful, or blistering toes)

Other Skin and Allergy symptoms

Peeling skin

Petechiae (tiny purple, red, or brown spots on the skin, usually on arms, legs, stomach, buttocks, and occasionally inside mouth or on eyelids)

Skin rashes

Visibly inflamed/bulging veins

## **Neuropsychiatric Cognitive Functioning Symptoms**

Acute (sudden) confusion / disorientation

Agnosia (failure to recognize or identify objects despite intact sensory functioning)

Cognitive Dysfunction, overall (Brain fog)

Difficulty problem-solving or decision-making

Difficulty thinking

Difficulty with executive functioning (planning, organizing, figuring out the sequence of actions, abstracting)

Other Cognitive Functioning Symptoms

Poor attention or concentration

Slowed thoughts

Thoughts moving too quickly

## **Neuropsychiatric Memory Symptoms**

Forgetting how to do routine tasks (tying your shoe laces, washing your hands)

Long-term memory loss (long-term memory can be anything from remembering yesterday, forgetting you've done a task, forgetting recently learned information, or forgetting your third-grade experience)

Inability to make new memories

## Other Memory Symptoms

Short-term memory loss (memory that lasts ~30 seconds, i.e. remembering a phone number before writing it down, or forgetting you're in the middle of a task)

## **Neuropsychiatric Speech and Language Symptoms**

Difficulty speaking in complete sentences

Changes to non-primary (second / third) language skills

Difficulting speaking in complete sentences

Difficulty communicating in writing

Difficulty communicating verbally

Difficulty finding the right words while speaking / writing

Difficulty processing / understanding what others say

Difficulty reading/processing written text

## Other Speech/Language Symptoms

Slurring words/speech

Speaking unrecognizable words

Dizziness / vertigo / unsteadiness or balance issues

Electrical zaps/electrical shock sensation

Inability to cry

Inability to yawn

Neuralgia (nerve pain)

Numbness/loss of sensation

Numbness/weakness on one side of the body only

Seizures

Sensation of brain pressure

Sensation of brain warmth / "on fire"

Sensitivity to noise

Tingling / prickling / pins and needles sensation

Tinnitus

Tremors

Vibrating sensations

### **Neuropsychiatric Sleep Symptoms**

Sleep apnoea

Awakened by feeling like you couldn't breathe

Difficulty falling asleep

Insomnia

Lucid dreams (dreams where you are aware you are dreaming or have some control over what you dream about)

Nightmares

### **Other Sleeping Issues Symptoms**

Restless leg syndrome

Sleep apnea

Vivid dreams

Waking up early in the morning

Waking up several times during the night

### **Neuropsychiatric Headaches Symptoms**

Headaches, at the base of the skull

Headaches, behind the eyes

Headaches, diffuse (entire brain)

Headaches, in the temples

Headaches, other

Headaches/pain after mental exertion

Migraines

## **Neuropsychiatric Emotion and Mood Symptom**

Aggression

Anger

Anxiety

Apathy (lack of feeling, emotion, interest, or concern)

Delusions

Depression

Euphoria (a feeling or state of intense excitement and happiness)

Feeling like the world isn't real (derealization) or Feeling like you aren't real/like you're observing yourself from outside your body (depersonalization)

Hypomania (a milder form of mania)

Impulsivity and Disinhibition

Irritability

Mania (abnormally elevated/excited mood, decreased need for sleep, occasionally with delusions)

Mood Lability

Other Emotional Changes Symptoms

Sense of doom

Suicidality

Tearfulness

## **Neuropsychiatric Taste and Smell Symptoms**

Altered sense of smell

Altered sense of taste

Heightened sense of smell

Heightened sense of taste

Loss of smell

Loss of taste



Phantom smells (imagining/hallucinating smells - smelling things that aren't there)

Phantom taste (imagining/hallucinating tastes - tasting things when there's nothing in your mouth)

### **Neuropsychiatric Hallucinations Symptoms**

Auditory (hearing) Hallucinations

Other Hallucinations

Tactile (touch) Hallucinations

Visual (seeing) Hallucinations

Some of the information on this list and the categorisation has been sourced from: The Lancet [Source](#)