

KEY COVID-19 SYMPTOMS TO LOOK OUT FOR



During this pandemic, it is more important than ever to pay attention to how your body is feeling. You may wonder if you have COVID-19 because some mild, cold-like symptoms are settling in. Or you may have tested positive for COVID-19 but not have any symptoms, and wonder what to look out for. Either way, spotting COVID-19 symptoms early is important. It helps detect more coronavirus cases, and treating COVID-19 early can reduce the risk of more severe illness. Here is what you need to know.

The most commonly reported symptoms of COVID-19 are:

- Cough
- Shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Vomiting or diarrhea
- New loss of taste or smell

Diarrhea, nausea, runny nose, sore throat, and red eyes are also reported but less common. You may experience some but not all of these symptoms, or other symptoms not listed, and they can range from mild to severe.

If you feel unwell or have these symptoms, stay home and do not go to work or see friends. Contact your physician to find out if you should be seen. If you haven't been tested yet, your doctor will advise you on when and where to get a test.

Symptoms usually start between 2-14 days after being exposed to the coronavirus. Remember that not all people experience COVID-19 symptoms the same way.

When to seek medical care immediately

If you have any of the following symptoms, you should seek medical care immediately:

- Trouble breathing
- Inability to wake or stay awake
- Persistent pain or pressure in the chest
- Bluish lips or face
- New confusion

Some groups of people are at a higher risk of severe symptoms, including adults over 65 years and people with multiple medical conditions such as obesity, heart disease, asthma, or lung disease. If you fall into one or more of these groups, you should be extra diligent in monitoring your symptoms.

Some key differences between the flu and COVID-19 are that COVID-19 seems to spread more easily than flu, causes more serious illnesses in some people, can take longer before people show symptoms and people can be contagious for longer.

While there is currently no vaccine for COVID-19, there is a flu vaccine. In this pandemic, it is especially important to get your flu shot as soon as possible.

Sources: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-24x36-en.pdf>

Telling the difference between flu and COVID-19

As flu season approaches, it can be hard to know if a cough and fever are caused by a flu virus, or the novel coronavirus. Both have similar symptoms, so it can be difficult to distinguish based on symptoms alone. Your physician can advise when to get tested for either or both viruses. When in doubt, get tested for both.

#TakeTheTest

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