

Symptoms of COVID-19

Individuals infected with COVID-19 experience different symptoms with varying degrees of severity. Some infected individuals experience mild symptoms, some people are completely asymptomatic while others suffer severe illness requiring hospitalization.

Symptoms generally appear 2 to 14 days after being exposed to the virus, which is why individuals that encounter infected persons should self-isolate for 14 days.

The most common COVID-19 symptoms are as follows:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Individuals experiencing these common symptoms should stay home, isolate themselves within their home using a separate bathroom from others in the home if possible, and wear a mask when interacting with family members/housemates. Those experiencing mild cases should monitor their symptoms and seek medical help if symptoms worsen or fail to improve over a 14-day period. Inform your doctor about your symptoms, particularly if your age or other health conditions put you at a higher risk for serious complications from COVID-19.

Emergency medical care should be sought immediately by anyone showing any of the below signs of an advanced case of COVID-19:

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