

# PATIENT EDUCATION HANDOUT

## COVID-19: What Are The Symptoms?

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SARS-CoV-2 (also known as COVID-19 or novel coronavirus) is a respiratory infection like influenza or the common cold. What makes COVID-19 worrisome is how easily the virus moves from person-to-person and the effect it has on all people, healthy and sick, young and old alike. There are some common symptoms of COVID-19, but as more is discovered about the virus, the presenting symptoms of COVID-19 continue to grow.

### SYMPTOMS

Symptoms generally appear 2–14 days after exposure to the virus. Most people who catch the virus develop symptoms within 11 days of infection. However, some people may not produce any symptoms but may still be infected with the virus. The **bolded** symptoms below are ones that appear to be the most unique to COVID-19.

#### EARLY OR MILD SYMPTOMS

- Fever (temperature higher than 100.4°F)
- Shaking
- Chills
- Dry or productive cough
- Fatigue
- Loss of appetite
- Muscle pain
- Headache
- Diarrhea
- **Loss of taste**
- **Loss of smell**
- **Flat/spotted/smearing red or blistering rash of the abdomen, back, hands and/or feet**

#### LATE OR SEVERE SYMPTOMS

- Chest pain
- Confusion or inability to stay awake
- Blue skin or blue lip color
- Shortness of breath

If you develop any of the above symptoms, even if you haven't been around someone with COVID-19, call your osteopathic family physician to talk about whether or not you should come into the office.



**SOURCE(S):** Centers for Disease Control and Prevention, Mayo Clinic, Medscape, National Public Radio

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