

SYMPTOMS OF COVID-19:

The most common symptoms of COVID-19 are a fever, seen in almost 90 percent of patients, as well as a dry cough and shortness of breath; also, a significant portion of coronavirus patients experience diarrhea, nausea, or vomiting, sometimes before respiratory symptoms begin. The World Health Organization (WHO) says these symptoms typically come on gradually.

A runny nose is not typically associated with COVID-19; but is common with other viruses, colds, and allergies, which we all are still susceptible to getting this time of year.

Around 80 percent of COVID-19 cases are reportedly “mild,” but that word can be misleading, as the World Health Organization adviser Bruce Aylward clarified last week:

- A “Mild” case of COVID-19 is not equivalent to a mild cold. Expect it to be much worse: fever and coughing, sometimes pneumonia; anything short of requiring oxygen.
- A “Severe” case requires supplemental oxygen, sometimes via a breathing tube and a ventilator.
- A “Critical” case involves “respiratory failure or multi-organ failure.”

The incubation period before symptoms appear ranges from 2 to 14 days, but the median is 5.1 days. If you’ve been around someone who has a confirmed diagnosis of COVID-19 or displays its symptoms, the most responsible thing to do is to self-quarantine for two weeks.

It is important to take precautions such as canceling your travel plans, meetings, events, and social gatherings. Avoid handshakes, hugs, and whenever possible, stay at least 6 feet away from others.

With all that said, it is important to keep in mind that there are 1000’s of other viruses out there that make us ill every year. We are all still susceptible to catching the common cold, the flu, and experience seasonal allergies, it is that time of year. So, please do not panic if you start to feel a snuffle coming on.

However, take precautions, follow social distancing guidelines, self-quarantine if you are feeling sick, stay home if you can even if you are healthy, and call your doctor if you have been exposed to someone who tests positive for COVID-19 or if you have symptoms of COVID-19.