

Signs and Symptoms of Covid-19 infection as of April 24 2020

The current, most referenced symptoms of Covid-19 infection have been a new persistent dry cough and a high fever. These are no longer considered the best first indicators of infection. Some people have proven to have been infected and have displayed few or no noticeable symptoms. Many known infected people show some minor symptoms that do not include fever or a cough. Also, in many severe cases the development of the illness began and progressed very slowly at first but in a very short time (hours) became life threatening; requiring hospitalization.

Many infected never develop an elevated fever level temperature or a cough or sneeze.

The most common symptoms of COVID-19 are:

- fever
- tiredness
- dry cough
- difficulty breathing
- pneumonia in both lungs

Some patients may have:

- Aches and pains
- Nasal congestion
- Runny nose
- Sore throat
- Diarrhea
- Headache
- Sneezing
- Chills
- Loss of taste and smell

Because Covid-19 mainly attacks the lungs, once the lungs and airway are infected the body tries to purge the infection by coughing, sneezing, and a runny nose. This is called viral shedding. It is also the way the virus spreads to a new host. As the immune system becomes involved, a fever and headache can develop along with lymphatic pain. Fever and pain can usually be controlled well with Tylenol.

It has been found that people who are displaying minor or no symptoms are still shedding the virus from their throat, and so, through saliva. It has also recently been observed that young children that have been exposed and show few or no symptoms of infection may still be infected and shed high numbers of virus and are therefore also contagious.

Though a person's developing symptoms may seem like the common cold, at this time Covid-19 infection should be assumed. It should be very difficult to catch a cold in this currently very cautious world. If you did catch a simple cold it would be a sign that you are doing something wrong.

As community spread becomes the most common vector of infection, identifying suspicious symptoms will be the best way to identify an infection and evaluate risk.

It is very important to note how quickly an infection can turn serious requiring medical aid. If at any time (night or day) someone develops labored or noisy breathing, feelings of pressure or weight in the chest, or a high fever, medical aid should be called. Call emergency 911.

Avoid just going to the hospital! Access to a Pulse Oximeter would be useful for first attendants when monitoring the oxygen levels and pulse of ill workers.

Smokers may be at higher risk of Covid-19 infection due to the risk of transmission of the virus directly from their hands to their mouths.

Very Important! Currently, infected persons will be advised to remain in self quarantine as long as their symptoms do not become severe. It is extremely important that ill workers be monitored for significant negative changes. These can develop very quickly. See: [BC CDC COVID-19 Self Assessment Tool](#)

Individuals who are experiencing symptoms can be directed to call HealthLinkBC (8-1-1), use the self-assessment tool (<https://bc.thrive.health/>), or to contact a healthcare practitioner for more information.

Links to Signs/Symptoms and What to do if you get sick:

<http://www.bccdc.ca/Health-Info-Site/Documents/Self-isolation.pdf>

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>