

# Symptoms

## **The 3 most important symptoms**

**of coronavirus (COVID-19)** are recent onset of any of the following:

a new continuous cough

a high temperature

a loss of, or change in, your normal sense of taste or smell (anosmia)

**Please call the clinic and cancel your appointment if you experience any of these before attending.**

*Current government guidelines (as of 30 Jul 2020) are :*

*Self-isolate / maintain physical distance for at least 17 days from onset of symptoms, and at least ten (10) days after symptoms cease. And arrange to have a test to see if you have COVID-19.*

## **Emergency warning signs\*** for COVID-19.

**If someone is showing any of these signs, seek emergency medical care immediately:**

Trouble breathing

Persistent pain or pressure in the chest

New confusion

Inability to wake or stay awake

Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. *For most people, coronavirus (COVID-19) will be a mild illness (or even completely asymptomatic).*

**Full list of recent onset (“acute”) symptoms:** (but many of these overlap with other relatively innocuous illnesses such as flu/common cold)

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

CDC : *“Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but there are some key differences between the two.”*

If in doubt, please contact your GP or health centre.

<https://digital.nhs.uk/coronavirus/shielded-patient-list>