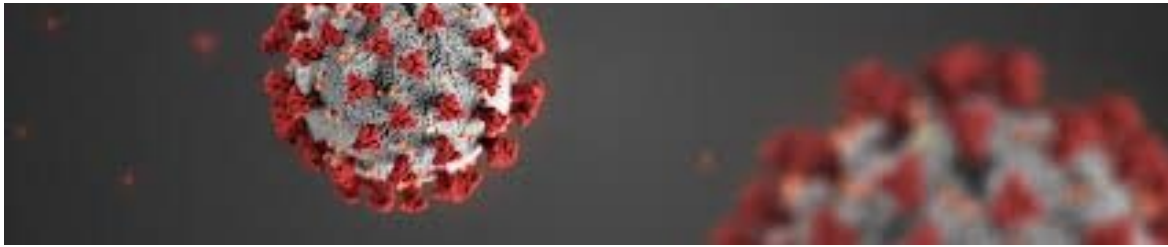


Stay Safe from Covid-19: Watch for Symptoms



Watch for Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear 2-14 days after exposure.*

- Fever
- Cough
- Shortness of breath

*This is based on what has been seen previously as the incubation period of [MERS-CoV](#) viruses.



If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

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*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

For More Information See: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html> The CDC is updating information as they learn more about the disease.

The following information was from a meeting held on 3/7/20 in California with a group of infectious disease doctors and scientists, some who were directly involved with caring for patients. The disease and what we know about it is continuously evolving as scientists and doctors learn more and treat more patients. However, we found some of these notes helpful.

1. The most common presentation was one week prodrome of **myalgias** (muscle aches), **malaise** (a general feeling of illness), **cough, low grade fevers** gradually leading to more severe trouble breathing in the second week of illness (the later, in a small group of patients). It is an average of 8 days to development of dyspnea (difficulty breathing) and an average of 9 days to onset of pneumonia/pneumonitis in a small group of people.
2. Symptom onset is between 2-9 days post-exposure with a median of 5 days. This is from a very large Chinese cohort.
3. It is not like Influenza, which has a classically sudden onset. Fever was not very prominent in several cases.
4. So far, there have been very few concurrent or subsequent bacterial infections, unlike Influenza where secondary bacterial infections are common and a large source of additional morbidity (illness) and mortality (death).
5. Patients with underlying cardiopulmonary disease seem to progress with variable rates to ARDS (Adult Respiratory Distress Syndrome) and acute respiratory failure requiring intubation and ventilation support (breathing tube with a respirator machine).

For more information see [state](#) and [local Departments of Public Health](#), the federal [Centers for Disease Control and Prevention \(CDC\)](#), and the [World Health Organization \(WHO\)](#). Please stay up to date with [U.S. State Department advisories](#) and [CDC's travel health](#) notices related to COVID-19.