



# COVID-19 SYMPTOM TIMELINE



## Days 1-3

- Early symptoms of COVID-19 vary widely. It can start with a tickle in your throat, a cough, fever, headache and feeling winded or just a little pressure in your chest.
- Sometimes it begins with a bout of diarrhea.
- Some people just feel tired and lose their sense of taste and smell.
- Many people have several symptoms but no fever.
- Some patients with gastrointestinal symptoms go on to develop respiratory symptoms, while others don't.

## Days 4-6

- Some patients never develop more than mild symptoms, or none at all.
- Others begin to feel terrible, with an ever-present fever, aches, chills, cough and an inability to get comfortable.
- Some younger patients with mild disease may develop rashes, including itchy red patches, swelling or blistering on the toes or fingers, similar to frostbite.

## Days 7-8

- For patients with mild illness, the worst is over after a week.
- Patients who have felt terrible may get worse. And some patients might start to feel better briefly then take a turn for the worse.
- Patients should check in with a doctor if they start to feel unwell.

## Days 8-12

- Monitoring should continue for the second week of illness. Patients may feel better sleeping on their stomachs or sides.
- Monitor for worsening symptoms including increasing shortness of breath, worsening cough.
- Your home oxygen monitoring monitor can signal if you need additional medical attention.

## Days 13-14

- Patients who had mild illness should be well recovered.
- Patients who had worse symptoms, but maintained normal oxygen levels, should feel mostly recovered after two weeks, although many patients report lingering fatigue and other issues.
- Doctors advise a slow return to activity, even if you had mild or moderate illness.
- Patients with severe symptoms and those who needed additional treatment because of low oxygen may still feel unwell and fatigued and take far longer to recover.

