

## PATIENT INFORMATION - COVID-19

REMEMBER: If you are worried at any time you can seek advice by going [online at NHS 111](#), or by calling **111** (which is free, even from a mobile)

### Symptoms of Mild COVID-19 Infection

Symptoms	How common (approx.)	Symptoms at start of illness	Length of symptoms	What should you do?
<b>Fever</b>	<b>90%</b>	Some people will start with a dry cough. Others will develop a loss of smell or taste as a first or only symptom. Others will start with a fever, with a cough arriving only a few days later  <b>This youtube video has excellent advice on breathing exercises:</b>  <a href="https://youtu.be/HwLzAdriec0">https://youtu.be/HwLzAdriec0</a>	Up to 5 days and in some cases lasts longer	Drink plenty of water, rest, take paracetamol if required and remember to <b>self-isolate AND book a Covid-19 swab on-line or by calling 119.</b>  Make sure anyone you live with follows the self-isolation rules as well  Seek medical advice if you feel very unwell or your symptoms are getting worse.
<b>Dry cough</b>	<b>70%</b>		May last a couple of weeks and in some cases longer	
<b>Loss of taste and smell</b>	<b>40%</b>		May last up to 7 days and in some cases longer	
Tiredness	40%	These symptoms may occur even before a fever or dry cough, but can occur with many other illnesses and so can't be assumed to be a sign of a COVID-19 infection	Symptoms of mild illness will vary from person to person but you should start to improve from days 5-7, with full recovery over 2 weeks.	Drink plenty of water, rest, take paracetamol if required.  If you have diarrhoea only return to work or school after 48hours have passed since your last episode of diarrhoea.  Look on NHS Choices ask your pharmacist, or look on your GP practice website for 'self-help' advice for managing these common symptoms.  Seek medical advice if you feel very unwell or your symptoms are getting worse.
Cough with sputum	30%			
Breathlessness	20%			
Aches and pains	15%			
Sore throat	15%			
Headache	15%			
Diarrhoea	10%			

Symptoms of Moderate COVID-19 Infection	
<p>Similar to a mild infection, but may include a higher fever, very persistent cough, tiredness that confines you to bed for a few days, breathlessness on exercise (even climbing stairs), reduced appetite, and /or diarrhoea . You may take up to 4 weeks to fully recover.</p> <p><b>This youtube video has excellent advice on breathing exercises:</b>  <a href="https://youtu.be/HwLzAdriec0">https://youtu.be/HwLzAdriec0</a></p>	<p>Drink plenty of water, rest, take paracetamol if required and remember to <a href="#">self-isolate AND book a Covid-19 swab on line or by calling 119</a></p> <p><a href="#">Make sure anyone you live with follows the self-isolation rules as well</a></p> <p>Seek medical advice if you feel very unwell or your symptoms are getting worse.</p>
Symptoms of Severe COVID-19 Infection	
<p>Most people should start to recover from a mild or moderate COVID-19 infection towards the end of the first week. Full recovery may take up to a month, but you should have ‘turned a corner’ after the first 5 – 7 days from the onset of symptoms. If you are very unwell in the first week, or are getting worse into the second, you should seek help – see below:</p>	<p>Drink plenty of water, rest, take paracetamol if required and remember to <a href="#">self-isolate AND book a Covid-19 swab on line or by calling 119</a></p> <p><a href="#">Make sure anyone you live with follows the self-isolation rules as well</a></p>
Symptom	Action
<b>Breathlessness</b> : You can do very little without feeling breathless, even sitting still; unable to complete a sentence when speaking; breathing may be rapid and shallow; heart racing.	<p>Seek help from your GP (if open) or call 111 for advice. If you are too breathless to talk to someone on the phone, or your breathing is becoming rapidly harder and faster at rest, or you feel extremely unwell <b>CALL 999</b> or get someone to do it for you.</p>
<b>Tight chest</b> : Painful to breathe and unable to fully expand the chest	
<b>Barely eating or drinking, dry mouth and decreased frequency or passing urine.</b>	
<b>Too unwell to do simple things</b> like watch TV	
<b>Confusion</b> which may be noticed by others first	
<b>Any worsening symptoms</b> after a week of illness, or rapidly worsening symptoms <b>at any time</b>	
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