

# Symptoms of Covid-19

Tiredness, fever, cough, headache, loss of smell and, less often, severe lung damage... The symptoms of Covid-19, most of the time without apparent severity, vary from one patient to another but seem to be characteristic of the new coronavirus that our immune system is not aware of.

## Ups and downs

One of the characteristics of Covid-19 is that the patient goes through ups and downs. When you have a flu, you can bed for a few days and then you are generally getting better and better. In the case of Covid-19, patients get better one day and the next day they are sick again.

They feel like they cannot see the end of the tunnel. It is important that patients are warned of this evolution, so that they can rest, even if they feel better.

Another distinguishing feature is that the disease sets in fairly gradually, unlike the flu, for example, which comes on suddenly.

Symptoms usually last two weeks or more - sometimes less. And it can get worse afterwards.

## Loss of sense of smell

This is THE sign that has recently been spotted, and which had not been described in isolation among the first victims in China: anosmia, or sudden loss of smell, or even taste (ageusia).

The loss of sense of smell would appear to be a pathognomonic symptom that is, a clinical sign that alone allows the diagnosis to be made. And at this stage, it is the only specific presentation of the new coronavirus. In the present context, if you have anosmia without a blocked nose, you are Covid positive. It is no longer necessary to do the test but simply to call the appropriate emergency services.

It is then necessary to isolate yourself in order not to contaminate others; but in itself, the symptom is not serious. It usually occurs in the first few days of illness.

## Tiredness and headaches

Asthenia, a state of general fatigue, is frequently described. It is often accompanied by headaches, not necessarily related to fever.

## Fever and muscle soreness

Covid-19 can cause flare-ups of fever, with ups and downs. Many also complain of muscle soreness

## Cough

A dry cough, sometimes with a sore throat and runny nose, can also be suggestive symptom of the disease.

## Intestinal disorders

Some patients have diarrhea, more rarely nausea. But these symptoms alone are not enough to diagnose the disease.

## Lung damage

When the virus hits the lungs, the pain is variable. The most common feeling is that the lungs are in a vice. Others fear that they will not be able to breathe in, which can be aggravated by anxiety, especially in isolated people.

Infection becomes worrisome when people breathe faster than normal. Patients are advised to call as soon as they perceive shortness of breath.

Sudden worsening may occur between day 7 and 14, as bilateral pneumonia.

When the disease worsens, it happens all of a sudden. This is called severe acute respiratory distress.

In resuscitation, the ventilator may be able to get you through, but the situation can deteriorate further, leading to death.

We are a 100% susceptible population to this virus, since our immune system has never experienced it. It strikes a naïve and sometimes incredulous population. That is the tragedy.

## Additive practical provisions:

Have hand washing facilities with soap or disinfecting gel that is bactericidal, fungicidal and virucidal at the entrances of the services and homes;

Wear a mask when you go to a high-risk place (hospitals, public transport, markets, busy streets...)