



COVID-19: Symptom guide

With COVID-19 in the community it is important to know what the symptoms are and when to seek medical advice.



Fever



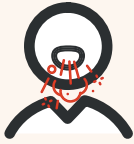
Headache



Loss of taste and/or smell



Fatigue



Dry cough



Sore/scratchy throat



Shortness of breath



Muscle aches



Vomiting



Runny nose



Chills/night sweats



Diarrhoea

Mild symptoms

Most people will have mild symptoms for up to 2 weeks. Avoid high-impact activities, weights, running and workouts.

Recover at home

Worsening symptoms

Symptoms worsen and you are unable to take care of yourself such as showering, putting on clothes or making food.

Call your GP

Severe symptoms

Symptoms become severe such as difficulty breathing when resting. Do not wait, call 000 immediately and let the operator know you have COVID-19.

Call 000