



Information Sheet I: Symptoms

Main symptoms of COVID-19

The most common symptoms of COVID-19 are:

- recent onset of a new continuous cough, **and/or**
- a high temperature, **and/or**
- a loss of, or change in, normal sense of taste or smell (anosmia)

If you have one or more of these symptoms, you must self-isolate at home for at least 10 days from when your symptoms started. You should also book a COVID-19 test at <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/>. You can call NHS 119 on your telephone if you do not have internet access.

Other symptoms

COVID-19 can cause other symptoms including:

- aches and pains
- sore throat
- diarrhoea
- conjunctivitis (sore, red eyes)
- headache
- a skin rash, or discolouration of fingers or toes

These symptoms are less common. You only need to be tested if you **also** have at least one of the main symptoms.

Asymptomatic infections

Some people have COVID-19 so mildly, they don't experience any symptoms. This is described as 'asymptomatic infection'. Even if you don't have symptoms, you still have the virus, and can pass on the infection to others. So, if you receive a positive test result but don't have symptoms, you must still self-isolate at home for 10 days from the date of your test.



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How long do they last?

For many people, the symptoms will ease during the 10 days of self-isolation. However, the cough can continue for several weeks, and does not mean you are infectious. If you still have fever after 10 days, you must continue self-isolating until your temperature has returned to normal.

Severity

For most people, COVID-19 is a mild illness. However, if you are aged over 70 years or have some types of underlying illness, you may have more serious illness. If you are struggling to cope with your symptoms at home, or you are getting worse, call NHS 111 for advice. In an emergency, call 999.