



COVID Symptoms

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<https://justpaste.it/8x5q4> / <https://justpaste.it/8x5q4/pdf>

1/31/2022

Outbreaks Near Me / *Boston Children's Hospital & Harvard Medical School*

A **Rapid Test Survey** focused on collecting data from at-home COVID-19 tests

We are collecting self-reports of COVID-19 rapid tests and results to aid public health research.

As you, and your household take at-home tests, please consider reporting your results.

How do I add household members?

1. Visit www.outbreaksnearme.org
2. Log in and select "Welcome" in the top right corner
3. Select "Account Settings"
4. Scroll to "Household Members"
5. Select "Add Member"

User Survey: <https://survey.alchemer.com/s3/6398796/ONM-User-Survey-2021>

1/27/2022

What we know about the symptoms — and the severity — of the omicron variant

NPR January 6, 2022

<https://www.npr.org/sections/health-shots/2022/01/06/1070622880/what-we-know-about-the-symptoms-and-the-severity-of-the-omicron-variant>

1/7/2021

Long Covid: What is it and what are the symptoms?

<https://www.bbc.com/news/health-57833394>

1/4/2021

Ashish K. Jha, MD, MPH @ashishkjha

<https://twitter.com/ashishkjha/status/1478576266538373120?s=20>

What would ideal COVID Isolation guidance be?

Once rapid antigen tests are cheap & ubiquitous

1. Isolate for first 5 days
2. Then test daily
3. Negative X 2 days? End isolation. Good to go
4. Positive? Remain in isolation until 2 negs or 10 days

I think its that simple

1/4/2022

Omicron symptoms: Is a runny nose a cold or Covid?

BBC: 23 December 2021

<https://www.bbc.com/news/health-54145299>

12/27/2021

The CDC says that people who test positive for COVID-19 only need to isolate themselves for 5 days if they don't show symptoms. This cuts in half the earlier recommendation of 10 days of isolation.

<https://www.npr.org/sections/coronavirus-live-updates/2021/12/27/1068358102/cdc-quarantine-covid>

12/25/2021

Omicron variant symptoms resemble another major virus: Parainfluenza

<https://www.msn.com/en-us/health/medical/omicron-variant-symptoms-resemble-another-major-virus-doctor-says/ar-AAS5Y60>

CDC: Human parainfluenza viruses (HPIVs)

<https://www.cdc.gov/parainfluenza/about/symptoms.html>

12/24/2021

Omicron early data on symptoms

Miami Herald: December 20, 2021

What are symptoms of the omicron coronavirus variant? Here's what early data shows

<https://www.miamiherald.com/news/coronavirus/article256732802.html>

Runny nose, headache, fatigue, sneezing and sore throat were the most common symptoms among London residents, with some people also reporting loss of appetite and brain fog, data shows.

Typically, COVID-19's "classic three symptoms" include fever, cough or loss of smell or taste, but only 50% of people in the early analysis infected with delta or omicron experienced them.

CDC: Omicron symptoms - December 17, 2021

<https://www.cdc.gov/mmwr/volumes/70/wr/mm7050e1.htm>

"The most commonly reported symptoms were **cough, fatigue, and congestion or runny nose.**"

London ZOE COVID Study - December 16, 2021

Omicron and cold-like symptoms rapidly taking over in London

<https://covid.joinzoe.com/post/omicron-and-cold-like-symptoms-rapidly-taking-over-in-london>

The top five symptoms reported in the ZOE app were:

- **Runny nose**
- **Headache**
- **Fatigue (either mild or severe)**
- **Sneezing**
- **Sore throat**













12/23/2021

5 Pack: COV-19 vs. Flu vs. Cold Poster - Cold Flu COV-19 Signs Chart

- Cov-19 Symptoms Chart - Not Laminated, 12 x 18 in. \$24.99 + \$2.99 shipping

<https://smile.amazon.com/dp/B08GSSNXJR/>

COVID-19 vs. FLU vs. COLD

SYMPTOMS	COVID-19*	FLU	COLD
SYMPTOMS ONSET AFTER EXPOSURE	2 - 14 DAYS	1 - 4 DAYS	1 - 3 DAYS
 Fever	Common	Common	Rare
 Cough	Common Usually dry	Common	Mild to moderate
 Fatigue	Common	Common	Mild
 Shortness of breath/difficulty breathing	Common Severe cases may develop pneumonia	Rare	Rare
 Body aches	Sometimes	Common	Mild
 Sore throat	Sometimes	Sometimes	Common
 Headache	Sometimes	Common	Rare
 Digestive issues	Sometimes	Sometimes	Rare
 Chills	Sometimes May experience repeated shaking with chills	Sometimes	Rare
 New loss of smell and taste	Sometimes	Rare	Rare
 Sneezing	Rare	Sometimes	Common
 Runny or stuffy nose	Sometimes	Sometimes	Common

*Information is still evolving. COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported - from mild symptoms to severe illness. Contact your physician or the Centers for Disease Control website at www.CDC.gov for more and updated influenza and COVID-19 information.

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COVID Resources

<https://tinyurl.com/AG-COVID>