

Timeline of Covid-19 Symptoms

Day 1-3

Early symptoms of COVID-19 vary widely. It can start with a tickle in your throat, a cough, fever, headache and feeling a bit 'chesty'. You might:

- have diarrhoea, shortness of breath or a cough
- feel tired and lose your sense of taste and smell
- have no symptoms at all

Day 4-6

Day 5-10 of COVID-19 are often the most worrisome time for respiratory (lung) complications, particularly for older patients and those with underlying conditions like high blood pressure, obesity or diabetes.

Your symptoms may start to get worse, including fever, aches, chills, cough, and general discomfort. Young people may develop rashes, including itchy red patches, swelling, or blistering on the toes or fingers.

Day 7-8

- If you had mild symptoms, you may begin to feel better after day 7
- If you had severe symptoms, you may feel better for a short time and then get worse
- If you have a home oxygen monitor, you should check your oxygen levels 3 times per day
- **If your symptoms are getting worse, call your healthcare team, GP, or COVID-19 Healthline on 0800 358 5443**

Day 8-12

- You might experience increasing shortness of breath or a worsening cough
- If you have a home oxygen monitor, continue to use it 3 times per day.

Day 13-14

- If you had mild symptoms, you should be well recovered
- If you had severe symptoms, but had normal oxygen levels, you should feel mostly recovered after day 14
- You might still feel very tired
- Doctors advise a slow return to activity, even if you had mild or moderate symptoms
- If you had severe symptoms or needed additional treatment, you may still feel unwell or tired and take a lot longer to recover

NOTE: If at any point your symptoms are getting worse or you have concerns, please call 111 for emergencies, or your healthcare team, GP, or the COVID-19 Healthline on 0800 385 5443

Adapted from <https://www.healthnavigator.org.nz/health-a-z/c/covid-19-positive-care-at-home/>

