

## COVID-19 positive – symptoms and when to get help

The symptoms of COVID-19 vary widely. Some people have mild symptoms for the most part of the illness but others may notice their lung (respiratory) symptoms start to get worse, especially older people and people who have other conditions like [high blood pressure](#), [obesity](#), asthma or [diabetes](#).

**Symptoms:** Common symptoms include fever (high temperature), tiredness, coughing/sneezing and loss of sense of taste or smell. Less common symptoms are sore throat, headache, aches and pain, diarrhoea (runny poo), a rash and red or irritated eyes. It helps to keep a **symptom diary** so that you can keep track of how you are feeling and whether you are getting better, staying the same or getting worse. You should have been given one when you tested positive for COVID-19. If not, ask your healthcare team to get one for you or [click here](#) to go to the Health Navigator page where you can download one. The information you record in your symptom diary will be useful to share with them when they call you to see how you are doing.

**What to do if you deteriorate (get worse):** The box below provides some general guidance on what to do. Fill in the contact information for your health care team and keep this page handy. If you become more unwell, somebody else might need to find it and make a decision about what to do for you. You can also call the COVID-19 healthline on 0800 358 5453.

### SEVERE SYMPTOMS

Call 111 if you:

- have severe trouble breathing or severe chest pain
- are very confused or not thinking clearly
- feel faint or pass out (lose consciousness)

### MODERATE SYMPTOMS

Call your healthcare team if:

- you have new or more trouble breathing
- your symptoms are getting worse
- you have symptoms of severe dehydration such as:
  - have a very dry mouth
  - passing only a little urine (pee)
  - feeling very light-headed (faint)

### MILD OR NO SYMPTOMS

- it is important to stay hydrated – drink plenty of fluids
- keep monitoring your symptoms so you can notice any changes
- it's important to avoid running, strenuous exercise and high impact activities until you are totally well.

