

- Notes from the Nurse -



Symptoms to Look For

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Repeated shaking with chills.

Symptoms may range from mild to severe and may appear two to 14 days after exposure to the virus.

COVID-19 INCUBATION

The incubation period is the number of days between when you're infected and when you might see symptoms. Health care professionals use this number to decide how long people need to stay away from others during an outbreak.

If you've been around someone who has COVID-19, you're at risk, too. That means you need to stay home until you know you're in the clear. Health professionals call this self-quarantine. But when will you know whether you have the disease? The answer depends on the incubation period.

COVID-19 INCUBATION TIMELINE

COVID-19 has up to a 14 day incubation period.

KATE WAS EXPOSED TO COVID-19.

DAY 0

Kate was exposed to COVID-19.

DAY 10

Kate became symptomatic and tested positive.

DAY 5

Kate got tested for COVID-19 and the results came back negative.

DAY 8

Thinking she didn't have COVID-19, Kate went to work and a family gathering. She was contagious days 8 & 9 (48 hours before symptoms) and now exposed 22 people.

