



COVID-19 SYMPTOMS



Common Symptoms

- Fever (37.5°C or higher)
- Cough
- Fatigue
- Loss of taste and/or smell
- Night sweats
- Chills
- Headache
- Sore throat
- Blocked nose
- Runny nose
- Muscle pain
- Joint pain
- Diarrhoea
- Nausea or vomiting
- Loss of appetite
- Conjunctivitis

Severe Symptoms

- Severe headaches
- Dizziness
- Shortness of breath
- Difficulty breathing
- Chest pressure or pain

*if you have severe symptoms, Call 000 immediately

What can you do when you have symptoms?



Protect your family and don't wait till symptoms get worse



Get TESTED immediately, if you have COVID-19 symptoms, even if mild and even if you are vaccinated



Do a RAT test OR go to nearest testing clinic and do not stop or visit shops or people to and from the clinic. Tell the testing clinic staff if you are a close contact of a person with COVID-19



You must not travel by public transport, taxi or ride-share



Wear a face mask that always covers your nose and mouth



If you cannot get to a testing clinic, call your doctor for advice on testing



If your Doctor is unable to help, call the NSW Health Isolation Support Line on 1800 943 553



Self-isolate until you receive a negative result



If your symptoms become serious you may need to go hospital



We use oxygen, and in severe cases ventilators if you need help breathing



TALK to your Doctor for any other concerns



HELP

Contact your Doctor or call Health direct 1800 022 222

If your life is in danger call 000

More info:
www.covid19evidence.net.au