

COVID-19: Stop the Spread - Symptoms and Treatment

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Symptoms of COVID-19, which is the disease caused by the 2019 novel coronavirus, range from mild — like the flu and other common respiratory infections — to severe.

The most common symptoms of COVID-19 include:

- Fever and/or chills
Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher
- Cough or barking cough (croup)
Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, COPD, or other known causes or conditions you already have)
- Shortness of breath
Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions you already have)
- Sore throat
Not related to seasonal allergies, acid reflux, or other known causes or conditions you already have
- Difficulty swallowing
Painful swallowing (not related to other known causes or conditions you already have)
- Runny or stuffy/congested nose
Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have
- Decrease or loss of taste or smell
Not related to seasonal allergies, neurological disorders, or other known causes or conditions you already have
- Pink eye Conjunctivitis
(not related to reoccurring styes or other known causes or conditions you already have)
- Headache
Unusual, long-lasting (not related to getting a COVID-19 vaccine in the last 48 hours, tension-type headaches, chronic migraines, or other known causes or conditions you already have)
- Digestive issues like nausea/vomiting, diarrhea, stomach pain
Not related to irritable bowel syndrome, menstrual cramps, or other known causes or conditions you already have
- Muscle aches / joint pain
Unusual, long-lasting (not related to getting a COVID-19 vaccine in the last 48 hours, a sudden injury, fibromyalgia, or other known causes or conditions you already have)
- Extreme tiredness
Unusual, fatigue, lack of energy (not related to getting a COVID-19 vaccine in the last 48 hours, depression, insomnia, thyroid dysfunction, or other known causes or conditions you already have)
- Falling down often
Dizziness, confusion, and/or a loss of consciousness

If you start to feel symptoms of COVID-19, you should:

- go to a [COVID-19 assessment centre](#) to get tested
- stay home and self-isolate unless you are going to the assessment centre
- only call 911 if it is an emergency

Some groups are at higher risk of getting COVID-19. You may be in an at-risk group if you are 70 years old or older, are getting treatment that compromises (weakens) your immune system (for example, chemotherapy, medication for transplants, corticosteroids, TNF inhibitors), have a condition that compromises (weakens) your immune system (for example, lupus, rheumatoid arthritis, other autoimmune disorder), have a chronic (long-lasting) health condition (for example, diabetes, emphysema, asthma, heart condition), regularly go to a hospital or health care setting for a treatment (for example, dialysis, surgery, cancer treatment).