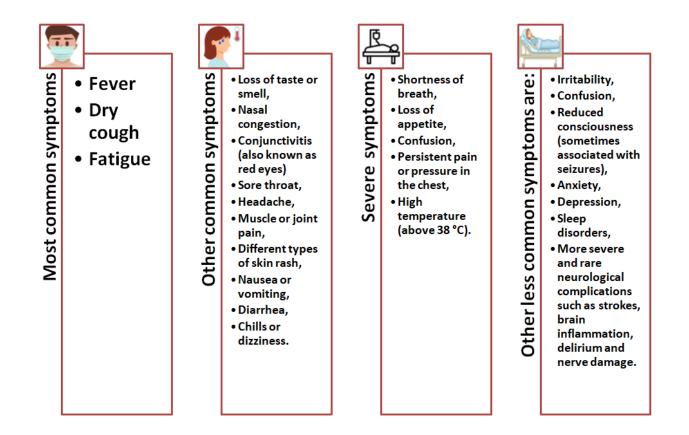


Basic Facts of COVID-19 (Signs, symptoms, and complications)

Ramaiah International Centre for Public Health Innovations (RICPHI) Bengaluru, Karnataka



Covid 19: Signs, Symptoms, Complications and Diagnosis



People of all ages who experience fever and/or cough associated with difficulty breathing or shortness of breath, chest pain or pressure, or loss of speech or movement should seek medical care immediately. If possible, call your healthcare provider, hotline, or health facility first, so you can be directed to the right clinic.



Three common clusters of symptoms have been identified:



abdominal pain, vomiting, and diarrhea.



In people without prior ear, nose, and throat disorders, loss of taste combined with loss of smell is associated with COVID-19.

People with the same infection may have different symptoms, and their symptoms may change over time.

- Among those who develop symptoms, most (about 80%) recover from the disease without needing hospital treatment.
- About 15% become seriously ill and require oxygen.
- Around 5% become critically ill and need intensive care.



Bifurcation of the disease: Mild, moderate, and severe symptoms

Category	Mild	Moderate	Severe/Critical
Usual Duration of Symptoms	1-7 Days	8-12 Days	>12 Days
Clinical Features	 Fever, cough, sore throat Change in taste or smell No Dyspnoea RR <20/min 	 Persisting symptoms RR:20-30/min; Saturation 95-98% Clinical or Radiological Evidence of Lung Involvement 	 RR>30/min Saturation<94% Critical: Respiratory Failure, Shock, MODS
Red Flag Features	Dyspnoea / RR>30 /min / Saturation<95%		
Inflammation Viral Replication			
Discriminatory Investigations		 CXR: Early interstitial lung infiltrates + CRP: 5-50 ng/ml 	 CXR: Lung Involvement >50% CRP: >50 ng/ml
Level of Care	Home	Ward (Requires close clinical monitoring)	Severe: Ward/HDU Window Critical: ICU to Settings to activ



Vulnerable population



Advanced age (above 60 years of age)



Presence of a chronic condition such as diabetes, COPD, heart failure or chronic kidney disease



Immunocompromised (cancer patients, transplant patients, patients on high dose steroids.)



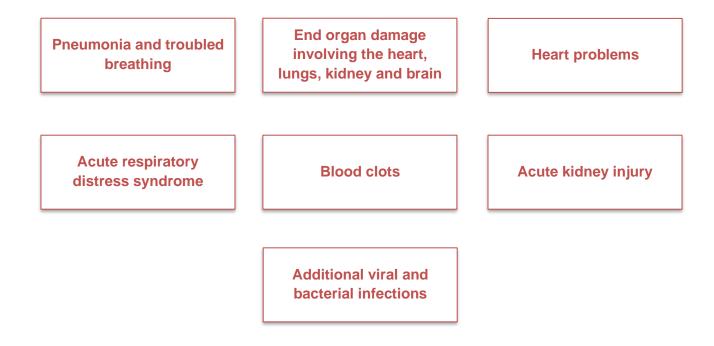
Anyone can get sick with COVID-19 and become seriously ill or die at any age.

Incubation period:

The time from exposure to COVID-19 to the moment when symptoms begin is, on average, 5-6 days and can range from 1-14 days. Therefore, people who have been exposed to the virus are advised to remain at home and stay away from others, for 14 days, in order to prevent the spread of the virus.



Complications





Testing

Who should get tested?

Anyone with symptoms should be tested, wherever possible (suspect cases). People who do not have symptoms but have had close contact with someone who is, or may be, infected (primary contacts) must also consider testing. While a person is waiting for test results, they should remain isolated from others.



There is currently no evidence which suggests that newer variants are missed by these tests.



Other tests of diagnostic and prognostic value

a. Temperature (between	b. Due to the potential	
97F to 99F) and Oxygen	ability of the virus to	
saturation (Above 94%)	severely impair several vital	
to monitor general	organs such as the heart,	
wellbeing and lung function.	liver, and kidneys	
-values of Complete Blood Count, Coagulation studies, Inflammatory mediators indicate prognosis of the disease	- Coagulation studies, AST, ALT levels indicate liver function	
- Creatine Kinase indicates	- Chest X-Ray is used for	
Kidney Function	diagnosis of Pneumonia	



References

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- <u>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7426219/</u>
- Covid 19 clinical management from department of infectious disease, CMC, Vellore.

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