People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure** **to the virus.** People with these symptoms may have COVID-19:

* Fever or chills
* Cough
* Shortness of breath or difficulty breathing
* Fatigue
* Muscle or body aches
* Headache
* New loss of taste or smell
* Sore throat
* Congestion or runny nose
* Nausea or vomiting
* Diarrhea

This list does not include all possible symptoms.

**Managing mild symptoms at home:**

Stay hydrated, drink plenty of water and non-caffeinated beverages

Get plenty of rest, do not over-exert yourself, rest often

Use over the counter medications to manage symptoms as needed, follow dosing instructions on packages.

**Common OTC medications\* and their uses include:**

Fever, muscle aches, body aches, sore throat – Tylenol (acetaminophen) and/or Motrin (ibuprofen)

Cough – dextromethorphan

Congestion – guaifenesin

\*This list is not comprehensive, there are other medications that may be appropriate for symptom management.

Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care** **immediately:**

* Trouble breathing
* Persistent pain or pressure in the chest
* New confusion
* Inability to wake or stay awake
* Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 or call ahead to your local emergency facility:**Notify the operator that you are seeking care for someone who has or may have COVID-19.

For non-emergent clinical concerns please call our office at 248-625-2621 or feel free to access our telemedicine services by visiting [www.clarkstonmedicalgroup.com](http://www.clarkstonmedicalgroup.com) or visit your phone’s app store and download CMG Telemedicine. CMG Telemedicine is available 24/7 and provides access to a doctor, nurse practitioner or physician assistant within minutes.