Big Sur Health Center

COVID-19 Update – April 6, 2020

New research on the symptoms that COVID-19 patients have experienced shows that the list is expanding. The most common symptoms continue to be the following:

- dry cough
- fever
- tiredness
- difficulty breathing (severe case)

Other symptoms include:

- anorexia, or loss of appetite
- body aches
- runny nose
- sore throat
- loss of sense of taste and/or smell (in some, this has been the presenting and only symptom)
- gastrointestinal symptoms such as diarrhea and nausea prior to developing fever and lower respiratory tract signs and symptoms.

While symptoms can vary from mild to critical, research has shown that approximately 80% of people who contract the virus will have mild symptoms and recover completely.

There is no good science to date showing that any particular medications either help or hurt COVID19, if you have questions, call your healthcare provider.

**When to Seek Medical Attention:**

According to CDC guidelines, if you develop any emergency warning signs for COVID-19, you should get medical attention immediately. Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

While we do not personally know of any confirmed cases in Big Sur, we should all assume that it is here and take the proper precautions. Remember, staying at home, frequent hand-washing and, if you absolutely must go out for essentials, wearing a cloth mask and practicing social distancing of 6’ continue to be the mainstays of preventing the spread of COVID-19.