As health experts' understanding of the COVID19 disease evolves, today the CDC officially added 6 new symptoms:

- Chills
- Repeated shaking with chills,
- Muscle pain,
- Headache,
- Sore throat, and
- A loss of taste or smell.

The expanded CDC list is significant: Most testing sites require a patient to have a COVID-19 symptom before the individual can be tested.

Previously, symptoms included: fever, cough, and shortness of breath or difficulty breathing. The CDC recommends seeking "medical attention immediately" for trouble breathing, persistent pain or pressure on chest, bluish lips or face or a new "confusion or inability to arouse."

If you have any questions or concerns, please contact Big Sur Health Center at 831-667-2580 or reach out to your healthcare provider.