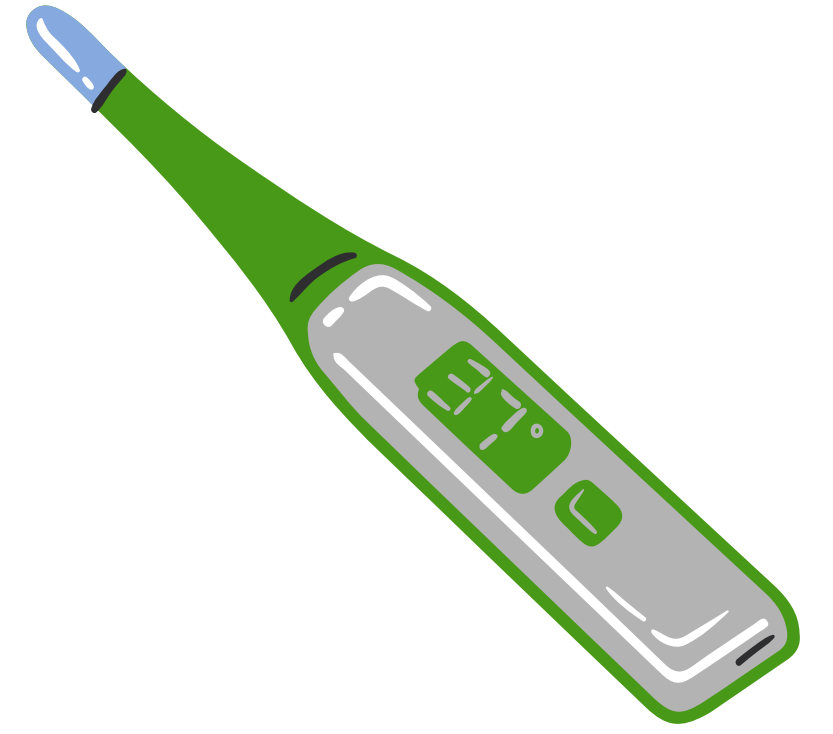# KNOW THE COVID -19 SYMPTOMS

Symptoms can appear between 2–14 days after exposure to the virus. Possible symptoms include:

- 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

The CDC Recommends:

- Practice social distancing (6 ft apart)
- Wash hands frequently
- Stay home if you feel sick
- Cover nose and mouth if coughing or sneezing
- Wear a cloth face covering
- Seek medical advice is trouble breathing