

Rural Urban Council of Skills & Vocational Studies ग्रामीण शहरी कौशल एवं व्यवसायिक अध्ययन परिषद

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REGD. NCT OF DELHI

अंतरराष्ट्रीय मानकीकरण संगठन द्वारा पंजीकृत

Early Signs of Covid-19 - A Brief.



RECOGNISING THE SYMPTOMS OF COVID-19 FROM DAY TO DAY

DAY 1-3

1. Symptoms similar to colds.
2. Mild throat pain.
3. No fever, not tired. Still consume food and drink as normal.

DAY 4

1. Throat little bit painful, body feels like drunk.
2. Voice becoming sore.
3. Body temperature around 36.5°.
4. Beginning of disturbance on eating habit.
5. Mild headaches
6. Mild diarrhea

DAY 5

1. Throat pain and sore voice
2. Mild body heatiness. Body temperature btw 36.5°-36.7°.
3. Weak body and feeling joints pain.

DAY 6

1. Beginning of mild fever with temperature around 37°
2. Dry cough
3. Throat pain while eating, swallowing food or talking.
4. Exhausted and nausea
5. Difficulty in breathing occasionally
6. Fingers feeling pain
7. Diarrhea and vomiting

DAY 7

1. Higher fever from 37.4°-37.8°
2. Coughing incessantly with phlegm.
3. Body pain and headache.
4. Worsening diarrhea.
5. Vomiting

DAY 8

1. Fever around 38° or above 38°
2. Breathing difficulties, everytime breathing, chest feels heavy.
3. Coughing incessantly.
4. Headaches, joints becoming lame and buttock pain.

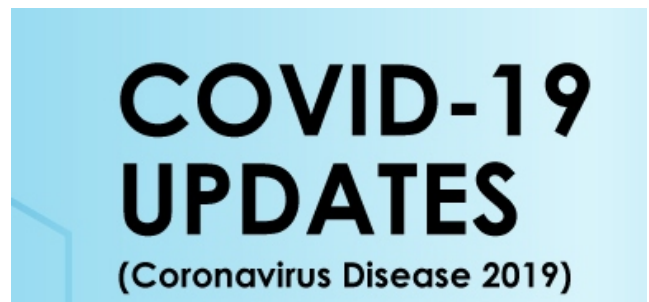
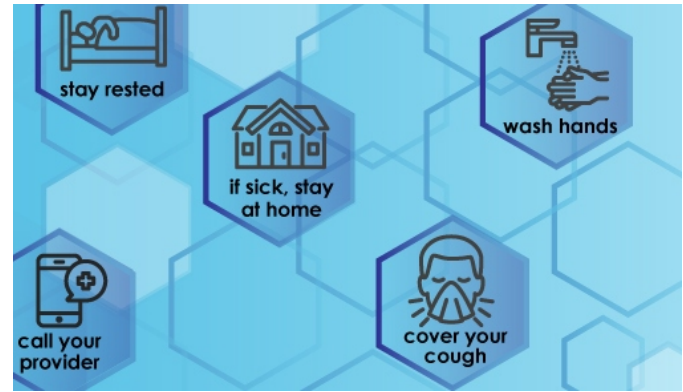
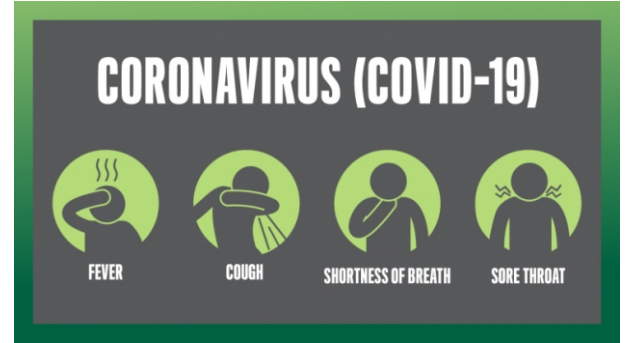
DAY 9.

1. Symptoms remain unchanged but becoming worst
2. Worsening fever
3. Worsening cough
4. Difficulties in breathing and have to struggle hard to breath.

At this stage, blood test and chest x-ray need to be conducted immediately.

As a reference only. At any point of time, if do not feel well, should consult medical doctor immediately.

Thank you.




Director / Founder
RUCSVS