

What are the signs and symptoms of COVID-19?


These signs and symptoms can be mild or serious. The symptoms will start to show 2-14 days after you are exposed to COVID-19. Some people get COVID-19 but never have symptoms.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Feeling very tired (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. Check the [CDC website](#) regularly for an updated list.

When should I get emergency medical help?

- Trouble breathing
- Pain or pressure in the chest that does not go away
- Becoming newly confused
- Trouble waking up or staying awake
- Pale, gray, or blue-colored skin, lips, or nail beds (depending on your skin tone)



If you have any of these emergency signs or symptoms, get medical help or call 9-1-1 right away.

How does COVID-19 spread?

- Breathing air when around an infected person
- When an infected person coughs or sneezes
- Touching eyes, nose, or mouth with hands that have the virus on them

Who is most at risk for getting very sick from COVID-19?

- People who are not vaccinated against COVID-19
- Older adults (people over age 65 especially)
- Pregnant people and recently pregnant people
- People with certain medical conditions (cancer, kidney disease, down syndrome, heart disease, obesity, sickle cell disease, type 2 diabetes, and more)

These people are more likely to need to go to the hospital. For a full list of people who are at increased risk, visit the [CDC website](#).

What is a COVID-19 variant?

Viruses like COVID-19 are always changing and making new versions, called variants. The more people get vaccinated, the harder it is for the virus to make variants.

What is the Omicron variant?

The Omicron variant now makes up most of the COVID-19 infections in the U.S.

- Omicron spreads more easily and quickly
- It is likely that vaccinated people will get breakthrough infections of COVID-19 due to Omicron. Vaccinated people are less likely to be severely sick or need to go to the hospital.