



# COVID-19 symptoms - What to expect

Most people who are vaccinated will only have a mild illness and recover in a few days, and some people will have no symptoms at all.

If you have symptoms of COVID-19 make sure you try to rest as much as possible and drink plenty of fluids. If you need pain relief, use paracetamol according to the instructions on the package. Continue to take your usual medication.

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### Days 1 - 3



### Days 4 - 6



### Days 7 - 8



- Symptoms in the first three days vary widely. Make a note of any symptoms you feel in your Health Diary.
- It can start with a scratchy or sore throat, a cough, fever or headache. You may also feel short of breath or a little pressure in your chest.
- Sometimes it begins with diarrhoea .
- You may feel tired and/or may lose your sense of taste and smell.
- You may experience some or none of these symptoms.
- Even if you have a mild COVID-19 infection, avoid running, workouts, weights and high impact activities until you are well again.

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### Days 9 - 10



### Days 11 +



### Health Diary



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**Days 1 - 3**



**Days 4 - 6**



**Days 7 - 8**



- These are important days to be more aware of your symptoms. This is when lung (respiratory or breathing) symptoms may start to get worse, especially if you have other conditions like high blood pressure, obesity or diabetes.
- You may start to feel worse and may have aches, chills, a cough and find it hard to get comfortable.
- Some younger people may develop rashes, including itchy red patches, swelling or blistering on their toes or fingers.

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**Days 11 +**



**Health Diary**



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**Days 4 - 6**



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**Days 7 - 8**



- For people with mild illness, the worst is generally over after a week.
- Some people may get worse at this point, or start to feel better briefly then take a turn for the worse.

If you start to feel worse, contact your GP/family doctor, Healthline on 0800 358 5453, your Whānau HQ provider, or 111 for an ambulance.

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**Days 9 - 10**



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**Health Diary**



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<b>Days 1 - 3</b>	+	<b>Days 4 - 6</b>	+	<b>Days 7 - 8</b>	+
<b>Days 9 - 10</b>	×	<b>Days 11 +</b>	+	<b>Health Diary</b>	+

- Continue to monitor your symptoms and record them in your Health Diary.
- You may feel better sleeping on your front/stomach or side.
- However, babies 0 to 1 year of age must always sleep flat on their back.

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Days 1 - 3	+	Days 4 - 6	+	Days 7 - 8	+
Days 9 - 10	+	Days 11 +	×	Health Diary	+

- Most people will feel better by now. Some people feel more tired than usual.
- A slow return to activity is advised.
- If you have ongoing severe symptoms, your GP/doctor will advise you what to do. This is why recording your symptoms is so important.

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<b>Days 1 - 3</b>	+	<b>Days 4 - 6</b>	+	<b>Days 7 - 8</b>	+
<b>Days 9 - 10</b>	+	<b>Days 11 +</b>	+	<b>Health Diary</b>	×

- This diary will help you track your COVID-19 symptoms. If your condition changes, when and how it changes may help the health team decide the best response.
- For each symptom, write down if you feel Better (B), the Same (S), or Worse (W) than the previous day.
- In the last row, give yourself a number of out 10 as to how you feel overall, where 10 is well and 1 is very unwell.
- Please record these THREE times a day, every day, around the same time.
- You can fill out your Health Diary by printing it or saving it to your computer and filling it out electronically.

[Download my Health Diary](#)

# Link to Whānau HQ Te Tua Hāpori

- <https://immunisation.northernregion.health.nz/assets/Health-Diary.pdf>