

WHAT TO EXPECT IF YOU GET OMICRON

UPDATED 12 MARCH 2022 12:00AM

SYMPTOMS DAY 1-3



Symptoms in the first three days vary widely. It can start with a scratchy sore throat, a cough, fever or headache. You may also feel short of breath or a little pressure in your chest.



You may feel tired and/or you may lose your sense of taste and smell and experience diarrhoea. You may experience some or none of these symptoms. Even with a mild COVID-19 infection, avoid running, workouts, weights and high-impact activities.

SYMPTOMS DAY 4-6



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