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Nasal congestion covid symptom

Read this if you've been sniffing a little more lately. As soon as the temperature starts to drop just a little bit, you know what comes next: a stuffy nose and sniffer. But this year, some extra clogged nose brings with it a bit more concern as COVID-19 continues to circulate the United States. The facts: a clogged nose-aka, congestion or runny nose - is classified as a symptom of coronavirus, according to the Centers for Disease Control and Prevention, but it's not necessarily considered the quintessential symptom. Neha Vyas, MD, a family medicine physician at the Cleveland Clinic, tells Health. So how worried should you be if you start sniffing and sneezing a little more than usual right now? Here's what you need to know. The CDC does not provide information on how many people suffer from common COVID-19 symptoms, but the World Health Organization has a report that does. In February, near the beginning of the COVID-19 pandemic, the WHO published a report analyzing 55,924 laboratory-confirmed cases of COVID-19 in China. This report found that only 4.8% of patients showed nasal congestion as a sign or symptom of a COVID-19 infection. This figure is much lower than the percentage of patients who reported more common symptoms, such as fever (87.9%), dry cough (67.7%), and fatigue (38.1%). Like many symptoms of coronavirus, clogged nose is a non-specific symptom, meaning it can be associated with a number of diseases. That's especially true this time of year when flu, allergies, and colds begin to circulate, Dr. Vyas says. This means that the only true way to know if your stuffy nose is a sign of COVID-19 is to get tested—and this decision boils down to your symptoms, circumstances, and your doctor's opinion. If you have been suffering from a clogged nose for a few days, a good starting point is to schedule a telehealth appointment with your primary health physician—unless, of course, you experience more severe symptoms like having breathing difficulties, which should prompt a visit to an emergency room or emergency care clinic. Dr Vyas says that if a patient comes to her complaining of a stuffy nose, the first thing she will do is try to get a sense of the patient's COVID-19 risk, plus their overall health. If someone tells me they have a clogged nose and nothing else, I'll find out their risk [to COVID-19], but I can't jump to the conclusion that it's COVID-19, Dr. Vyas says. Instead, your doctor may start asking if you suffer from allergies or if you usually get a cold this time of year. Past it, your lifestyle comes into play. If you've ignored social distancing guidelines, go out without a mask on, and fail to wash your hands consistently, for example, a COVID-19 test could well be the next step. If you have a stuffy nose and you haven't practiced social distancing, you have every right to be concerned, Dr. However, if you have observed the safety measures recommended by the wearing a mask every time you leave your house and staying six feet from others when out in public—your primary health care doctor might not recommend a COVID-19 test immediately. Treatment of clogged nose due to COVID-19 is similar to the treatment of nasal congestion as a result of any disease, as long as you do not experience severe symptoms such as shortness of breath or chest pain. If your symptoms are mild, try a few different techniques that help relieve sinus pressure from a clogged nose, like steam from a humidifier, nasal irrigation via neti pots or nasal spray, or a bit of decongestance (though it should be used sparingly and on the recommendation of a doctor). And as always, your best chance to stay safe from COVID-19 right now still comes down to washing your hands, keeping your mask on, and staying away from people you're not quarantined with. The information in this story is correct from press time. However, as the situation around COVID-19 continues to evolve, it is possible that some data has changed since its publication. While Health tries to keep our stories as up-to-date as possible, we also encourage readers to stay informed about news and recommendations to their own communities using the CDC, WHO, and their local public health department as resources. To get our top stories delivered to your inbox, sign up for healthy living newsletter Fever and/or chills Cough (usually dry) Shortness of breath or difficulty breathing Fatigue (sometimes) Aches and pains (sometimes) Headache (sometimes) Sore throat (sometimes) * Upper respiratory symptoms, like runny nose and sinus congestion, are very uncommon in COVID-19. The severity of COVID-19 symptoms ranges from mild to severe. If you suspect you have COVID-19, call Intermountain Healthcare's 24-hour hotline, Health Answers click here, to speak to an Intermountain clinician who can review your symptoms and provide specific care recommendations. If your symptoms are mild, you will likely be asked to stay at home to protect others from disease and follow the CDC's recommended guidance for your own care. If you are referred to a test site or a medical facility, remember to call in advance and tell them your symptoms before you go in. Click [HERE](#) for more detailed information about coronavirus. FAST FACTS: COVID-19 is a new contagious disease that affects your lungs and airways. The main symptoms of COVID-19 are a high temperature, dry cough, fatigue and loss of taste or smell. COVID-19 affects different people in different ways. Some people do not have any symptoms and may not even know that they have the virus, while others become seriously ill and need hospital treatment. Physical distancing, wearing a face mask around other people and frequent hand washing are some of the best ways to prevent COVID-19. If you think you have symptoms of COVID-19, at home and call your local health authority. They will tell you what to do next. This page is updated regularly and be sure to get back to Information. What is COVID-19? COVID-19, also known as coronavirus disease 2019, is a new contagious disease that affects your lungs and airways. What are the symptoms of COVID-19? Most people who feel sick with COVID-19 will have at least one of the main symptoms: fever dry cough fatigue loss of taste or smell Other symptoms include: clogged nose, conjunctivitis (red eyes), sore throat, headache, muscle in joint pain, skin rash, nausea or vomiting, diarrhea, chills or dizziness. Some people become more seriously ill with COVID-19 and may have symptoms such as shortness of breath, loss of appetite, chest pain or a high temperature. These people will need medical attention. In severe cases, COVID-19 can lead to death. COVID-19 affects different people in different ways. Some people don't have any symptoms and may not even know they have the virus. You can still pass covid-19 even if you don't show any symptoms, so it's important to always follow the prevention advice. Anyone can get COVID-19 and get seriously ill. However, people over the age of 60 and those with health conditions such as high blood pressure, heart or lung problems, diabetes or cancer have a higher risk of developing serious illness. People living with HIV who have a compromised immune system - those with a low CD4 count, a high viral load or recent opportunistic infection - are also more at risk. There is currently no evidence that people living with HIV and on effective antiretroviral therapy have an increased risk of getting COVID-19 or developing severe symptoms. Check out our COVID-19 page and live with HIV. How is COVID-19 passed on? COVID-19 is transmitted through contact with respiratory drops by a person who is currently infected with the virus. These drops come from the nose or mouth of an infected person when they sneeze, cough, breathe, talk or sing. The virus can spread when people come into close contact with an infected person and breathe in these small drops. COVID-19 spreads more in certain settings where people are closer together, especially indoor, crowded and poorly ventilated spaces that involve close contact, such as restaurants, gyms, nightclubs, offices and places of worship. The drops from coughs and sneezes can also land on surfaces. The virus then spreads when another person comes into contact with these drops and touches their own eyes, nose or mouth. The best ways to protect yourself and others from COVID-19 are: Staying at least a meter away from people as much as possible, and even greater distance when you're indoors. Wearing a face mask when you are around others. There are two types of face masks, fabric masks (which you can make yourself and are suitable for most people) and medical masks. As there is a lack of medical masks, medical masks should only be worn by healthcare professionals, people with COVID-19 symptoms and those taking care of suspected or covid-19. When it is not possible to maintain a by one meter from others, people over 60 and those with underlying health conditions should also wear medical masks. Both fabric and medical-grade face masks are only effective when used properly and in conjunction with other preventive measures. For more information about wearing masks, see our FAQs. You can also prevent the spread of COVID-19 by: Avoid places that are crowded, limited or involve close contact with others, especially indoors. Wash your hands regularly and properly using soap and water. You can use an alcohol-based hand disinfection if you don't have access to water or soap. Don't touch your face. Covers your mouth and nose with a clean tissue when you snee on or cough. Throw away the tissue and wash your hands. If you don't have a napkin, cover your face with the inside of your elbow. Cleaning and disinfecting surfaces regularly. Staying at home and calling a health care worker for advice if you feel unwell - even if you only have mild symptoms. They will tell you whether you should test for COVID-19 or if you need self-isolating. If you have symptoms of COVID-19, stay at home and call your local health authority. Do not visit the clinic as you can pass the virus on to others. The people you live with should also stay home for at least 14 days from when you first noticed symptoms to prevent the virus from being passed on. Ask friends or neighbors to bring you any supplies you need. They should leave these outside and not enter your home. Most people with COVID-19 recover from the virus without the need for hospital treatment. If your symptoms do not improve after seven days, or if you have difficulty breathing and persistent chest pain, call your local health service immediately. Learn what to do if you think you have COVID-19. Covid-19.

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