May 14, 2020

Have Your Heard of “COVID Toes”?

Since “flattening the curve” doesn’t mean escaping the virus, I’m going to share a few things about COVID-19 symptoms. Some of you may have heard them on our Facebook Live Covid-19 updates, but I don’t think I’ve shared them here.

There are four types of presentations. First, those with no symptoms; Second, those with cough and other mild upper respiratory flu-like symptoms that don’t raise any alarms. Third, those with incapacitating fever, chills and shaking, that prevent work, and fourth, those with severe symptoms, such as shortness of breath, blue lips, and chest pain.

Some have unusual symptoms, like loss of smell and taste, mental confusion, vomiting or diarrhea. Others have very itchy and red toes, called “Covid toes.” Look it up. It’s odd but unmistakable.

