

COVID-19 Main Symptoms

Symptom	Explanation
a high temperature	this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
a new, continuous cough	this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
a loss or change to your sense of smell or taste	this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal