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2021

Symptoms and Testing for COVID-19

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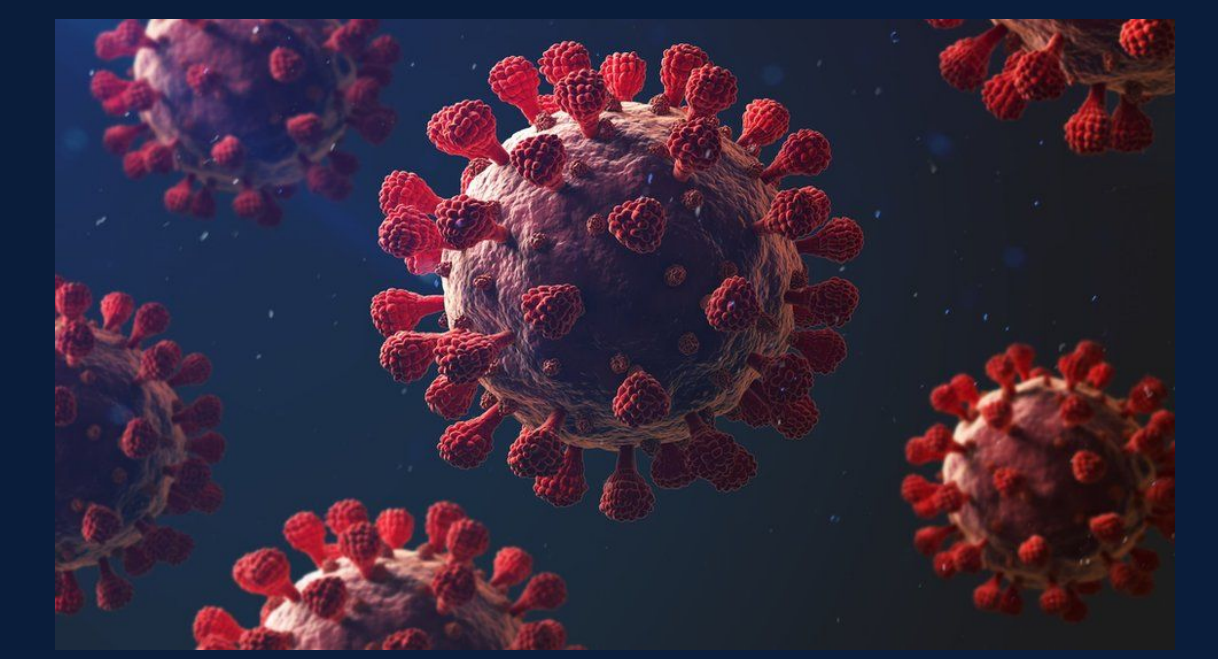
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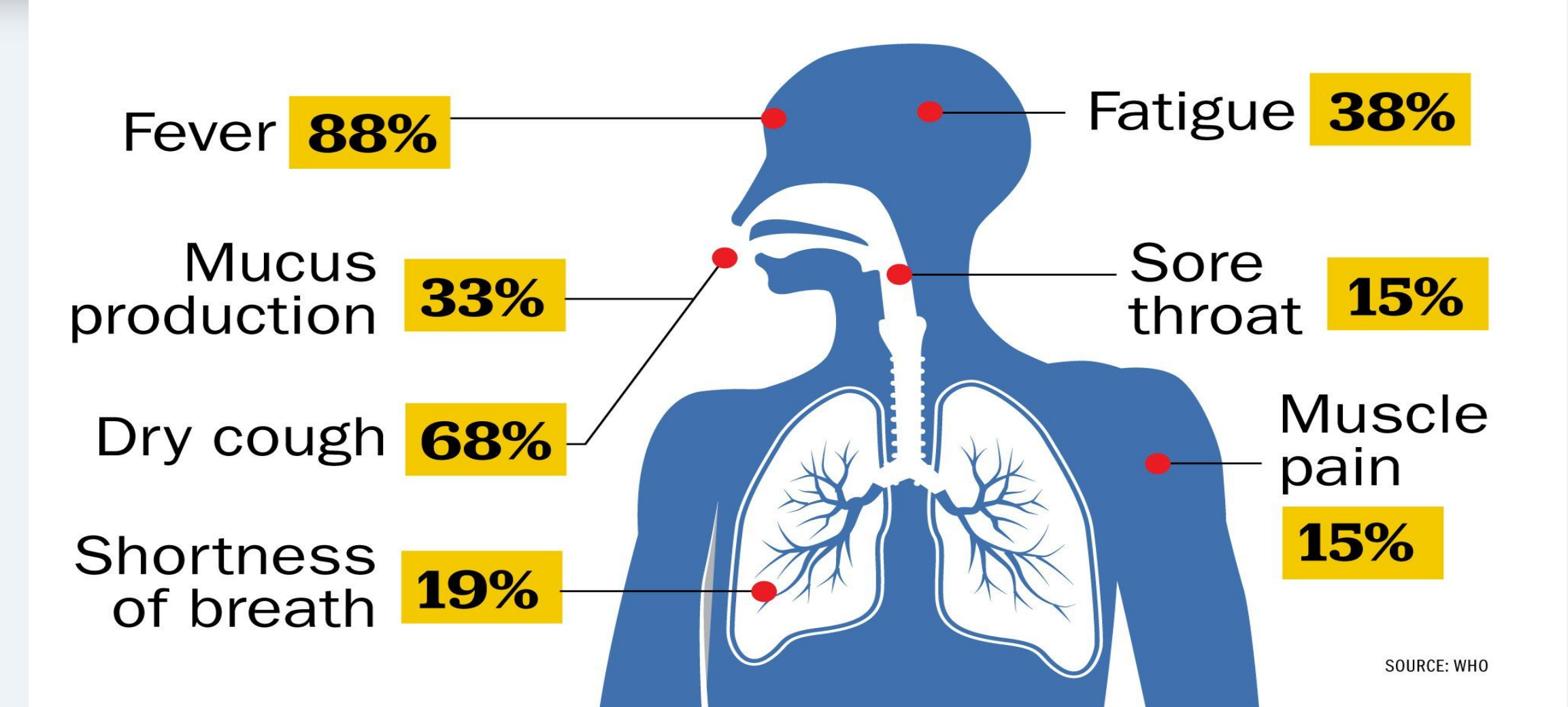


Short-Term Symptoms

Long-Term Symptoms

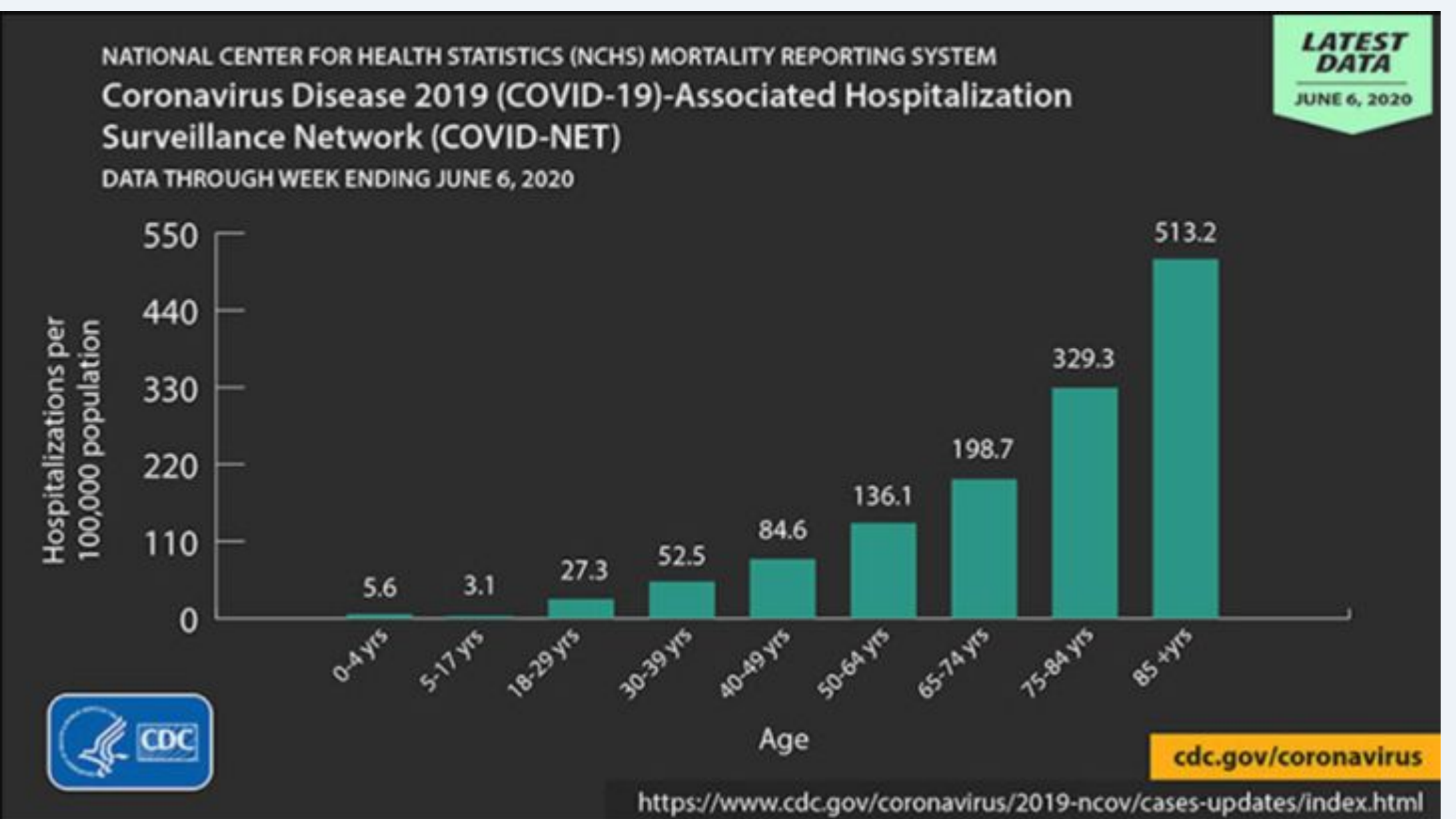
Symptoms include:

Headache	New loss of taste/smell
Fever/chills	Sore throat
Cough	Congestion / runny nose
Shortness of breath	Nausea/vomiting
Fatigue	Diarrhea
Muscle/body aches	



In the long term, COVID causes:

- Organ system damage (heart, lungs, brain)
- Immune system dysfunction
- Development of post-viral conditions like Chronic Fatigue Syndrome
- Neurological issues (brain fog, Guillain Barre syndrome, confusion)



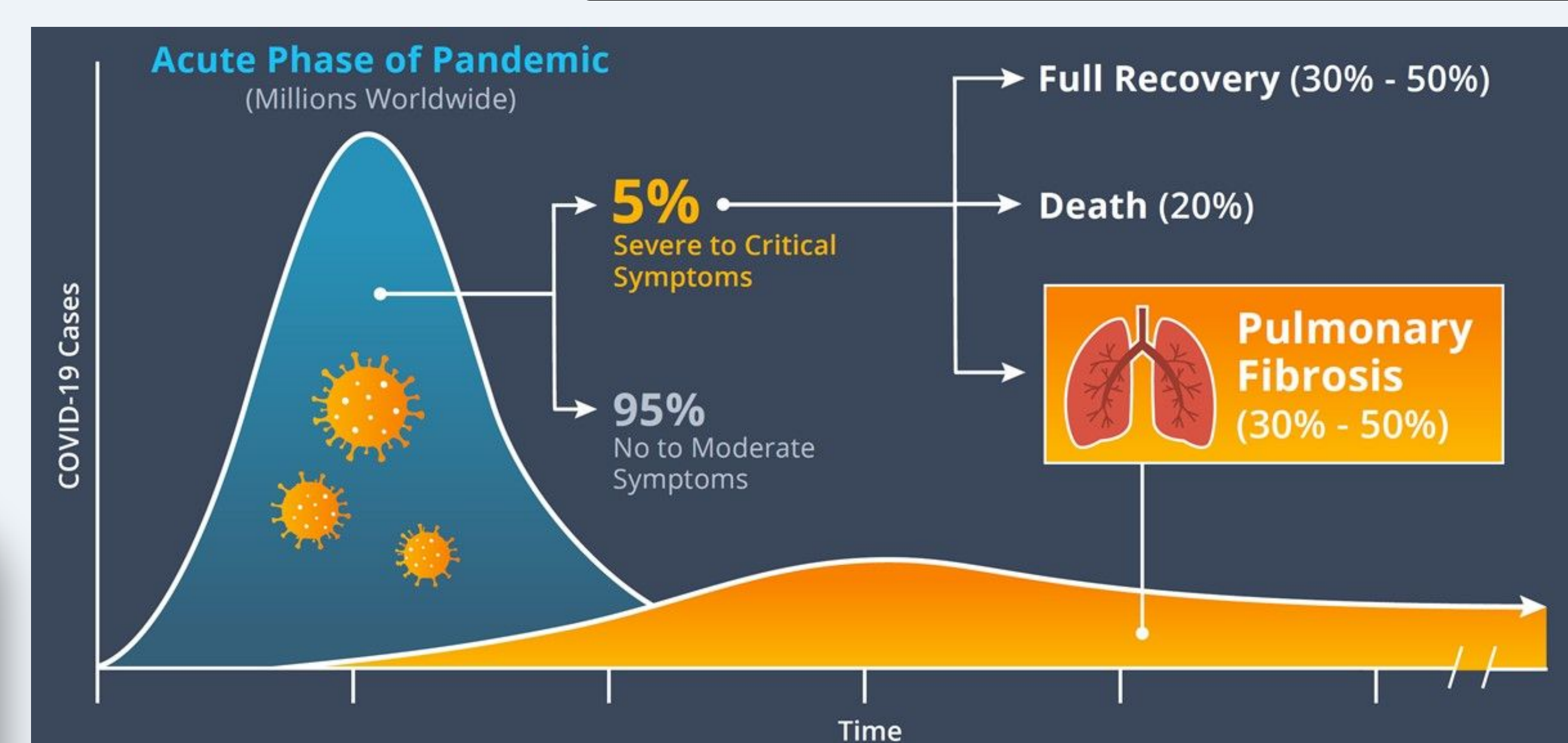
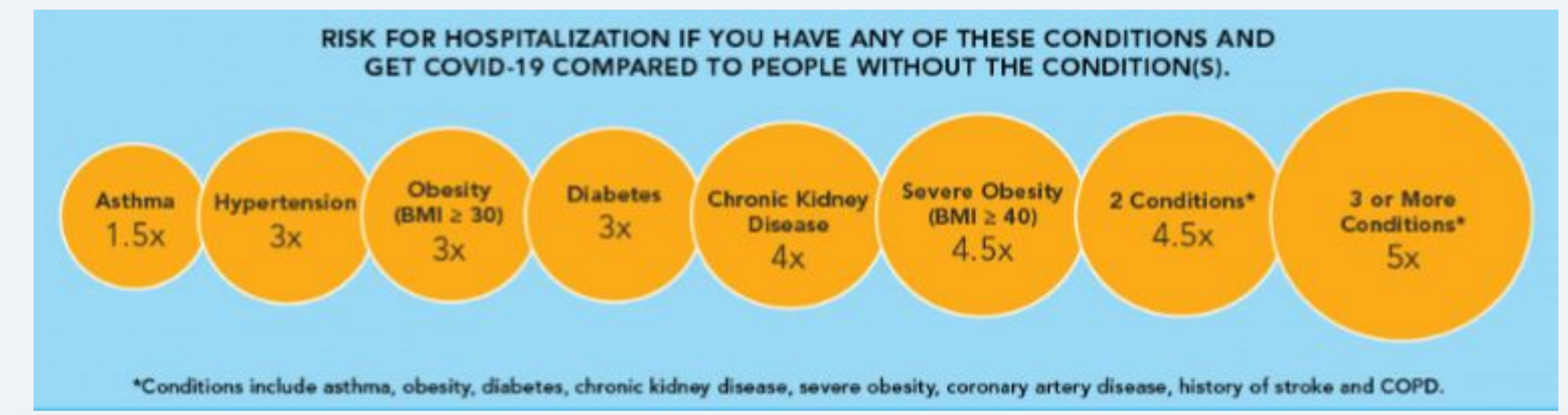
While patients with the seasonal flu typically develop a cough before a fever, COVID-19 symptoms usually appear in the following order:

1. Fever
2. Cough and muscle pain
3. Nausea or vomiting
4. Diarrhea

Heart issues: myocarditis, premature heart attacks, heart muscle damage, abnormal heart rhythm or palpitations
Lung issues: alveoli damage, COPD, ARDS, pulmonary fibrosis, lung tissue scarring
Brain issues: strokes & seizures, cognitive impairment from lack of oxygen, Guillain Barre syndrome, confusion, brain fog, encephalitis

Some patients make a full recovery, but for the “long-haulers”, symptoms may persist for months, years, or be lifelong. Some examples of this are CFS/ME, which is incurable, along with conditions like pulmonary fibrosis which cause permanent/irreversible scarring.

Socioeconomic Factors and Racial Disparities
 “NYC neighborhoods with the highest rates of positive COVID-19 cases also have some of the highest numbers of service workers, rent-burdened households, and people of color.”
 -Mayo Clinic



Different Kinds of Testing

- Two main kinds of COVID tests are the viral (tests for current infection) and antibody (tests for past infection) tests.
- The molecular and antigen tests are both viral tests that can yield results in a few hours to a few days.
- Molecular tests are considered the most accurate.

Testing

- The at home saliva test and rapid COVID tests are additional forms of testing proven to deliver fast and accurate results.
- The rapid COVID test developed in Hong Kong is proven to deliver results with the accuracy of the PCR tests and quickness of antigen tests.
- Saliva tests promote more frequent testing that can be performed by yourself in the comfort of your own home.
- More frequent testing is encouraged to stop the spread of the virus.

