



BEAUMONT-CHERRY VALLEY WATER DISTRICT

MEMO

DATE: April 22, 2021
TO: Board of Directors
FROM: Human Resources
SUBJECT: Symptoms of COVID-19 as requested by Personnel Committee

Summary

At its meeting of April 19, 2021, the Personnel Committee requested a synopsis of the latest information on currently identified symptoms of COVID-19. Staff has compiled the following from reputable sources:

| Symptom | Source | | |
|---------------------------|-----------------------------------|-------------|----------------|
| | Centers for Disease Control (CDC) | Mayo Clinic | Harvard Health |
| Fever | ✓ | ✓ | ✓ |
| Body ache | ✓ | ✓ | ✓ |
| Dry cough | ✓ | ✓ | ✓ |
| Fatigue / tiredness | ✓ | ✓ | ✓ |
| Chills | ✓ | ✓ | ✓ |
| Headache | ✓ | ✓ | ✓ |
| Sore throat | ✓ | ✓ | ✓ |
| Congestion / runny nose | ✓ | ✓ | |
| Appetite loss | | | ✓ |
| Loss of smell | ✓ | | ✓ |
| Chest pain | | ✓ | |
| Pink eye (conjunctivitis) | | ✓ | |
| Rash | | ✓ | |
| | | | |
| Less Common | | | |
| Severe cough | ✓ | | ✓ |
| Shortness of breath | ✓ | ✓ | ✓ |



| | | | |
|---|---|---|---|
| Gastrointestinal | | | |
| Nausea | ✓ | ✓ | ✓ |
| Vomiting | ✓ | ✓ | ✓ |
| Diarrhea | ✓ | ✓ | ✓ |
| Abdominal pain | | | ✓ |
| | | | |
| Neurological | | | |
| Loss of taste | ✓ | | ✓ |
| Muscle weakness | ✓ | | ✓ |
| Tingling / numbness in hands and feet | | | ✓ |
| Confusion | | | ✓ |
| Dizziness | | | ✓ |
| Delirium | | | ✓ |
| Seizures | | | ✓ |
| Stroke | | | ✓ |
| | | | |
| Emergency Warning Signs | | | |
| Trouble breathing | ✓ | ✓ | |
| Persistent pain / pressure in chest | ✓ | ✓ | |
| New confusion | ✓ | ✓ | |
| Inability to wake or stay awake | ✓ | ✓ | |
| Pale, gray, or blue-colored skin, lips or nail beds | ✓ | ✓ | |

References

Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>

Harvard Health (Harvard Medical School)

<https://www.health.harvard.edu/diseases-and-conditions/covid-19-basics>