# Elizabeth's

Doctor Tweeting

- Almost always lymphopenic
- fevers, often high, possibly intermittent

First UK Victim

- Started with a cold, runny nose, ear problems
- Felt better
- Got worst flu of his life
- Recovering from flu
- Got pneumonia

Some doctor's notes

- most common presentation was one week prodrome of myaglias, malaise, cough, low grade fevers gradually leading to more severe trouble breathing in the second week of illness. It is an average of 8 days to development of dyspnea and average 9 days to onset of pneumonia/pneumonitis.
- Patients with underlying cardiopulmonary disease seem to progress with variable rates to ARDS and acute respiratory failure requiring BiPAP then intubation

Somebody on Twitter

- Day 1: dry cough, sore throat
- "Day 2: I felt a lot of pressure in my head to the point I would have to cough softly to avoid the discomfort. That night, I experienced the chills and had a fever. One main symptom that stood out to me, my eyes physically hurt. They were tender and sore." Turned out to be a migraine
- Day 3: Energy levels VERY low, I only slept, and still ran fevers. At this point, my symptoms were: dry cough, migraine, fever, chills, some nausea.
- Day 4: shortness of breath
- Day 5: Symptoms: sore throat, cough, shortness of breath.
- Day 6 - With the continued use of antibiotics and ibuprofen, my symptoms were: sore throat, cough, shortness of breath. My energy levels began to increase.
- Day 7 - Symptoms: slight sore throat, mild cough, shortness of breath. Energy levels increasing.
- Day 8 - Symptoms: Mild cough, starting to feel like myself again. Energy!
- Day 9 - Symptoms: My cough was a little heavier, normal energy levels.
- Day 10 - Symptoms: Mild cough, mucus, normal energy levels.
-

https://www.nejm.org/doi/full/10.1056/NEJMc2001737

- higher viral loads detected in the nose than in the throat

https://www.bloomberg.com/news/articles/2020-03-08/coronavirus-nears-fatal-tipping-point-when-lungs-are-inflamed

- Suggests the distinction is upper vs. lower respiratory, although without much evidence.

Another twitter person

- Day 1: a little tired, some sinus pressure
- Day 2: worst headache ever, touch of post-nasal drip and a very occasional (maybe 5x/day) cough.
- Day 3: headache mild, similar to allergies. Small amount of wet coughing. Mild diarrhea
- Day 7: mild headache, flem in throat
- No shortness of breath the whole time
- Suspect a false positive
- Day 8: very mild headache and post-nasal drip

Twitter: @Narrowthefield (Unconfirmed)

- Healthy, mid-30s woman
- Day 1-3?: mild cough and sneezing
- Day 3-6?: symptoms recede
- Day 7?: Rapid onset shortness of breath and fatigue
- Day ??? Fever
- Day ???: can barely talk without gasping for air
- Day ???: comes in waves and then recedes

https://www.facebook.com/photo.php?fbid=10218176292732695&set=a.1313909561727&type=3&theater

- Day 1: Very mild runny nose
- Day 2: Very mild runny nose
- Day 3: Sore throat, very mild cough
- Day 4: Cough and sore throat are worse
- Day 5: worsening cough, annoying fever, bad pain
- Day 6: Fever, generally feeling bad, coughing
- Day 7: fever, dehydration, malaise
- Day 8: need to take something for coughing or he can't get enough air
- Day 9: Breathing getting difficult. Go to hospital. Bilateral pneumonia

# Eli's Round 1

Note: news articles are going to be biased towards severe / painful cases, so this is a very bad sample for figuring out the asymptomatic infection rate.

https://www.nytimes.com/2020/03/24/magazine/coronavirus-family.html

56 year-old man, with a confirmed case of COVID-19

Does “the night of march 12”, mean the night between noon of the 11th and the 12th, or the night between the noon of the 12th and the 13th?

- day 1: chills the night before. chills, aches, fever of 101.4.
- day 2:
- day 3 [literally, “two days after his symptoms began”]: Fever of 101.5
- day 4: symptoms
- day 5: symptoms
- day 6: symptoms
- day 7: symptoms
- day 8: symptoms
- day 9: symptoms
- day 10: symptoms
- day 11: symptons
- day 12: Fever and aches and painful symptoms
  ...
- day n: nauseated, coughing up blood
- day n+1: goes to the clinic: 99 degree fever, signs of pneumonia in the left lung

https://www.nytimes.com/2020/03/18/nyregion/coronavirus-testing-positive.html?action=click&module=RelatedLinks&pgtype=Article

33 year-old male, tested positive with COVID-19

> “I’m 33 years old and healthy without any existing respiratory conditions, so the illness itself is perfectly manageable. It feels like a medium-grade flu, with some extra coughing and chest pain.”

- **Wednesday:** woke up with a cough and chills, fever rising throughout the day (99.9 deg, 100.2 deg, 101.7 deg)
- **Thursday:** healthy enough to walk for 40 minutes to the clinic.

https://www.nytimes.com/2020/03/23/opinion/coronavirus-young-people.html?action=click&module=RelatedLinks&pgtype=Article

and
https://www.cnn.com/videos/tv/2020/03/24/im-26-coronavirus-sent-me-to-the-hospital.cnn/video/playlists/coronavirus-intl/

“I’m 26. I don’t have any prior autoimmune or respiratory conditions. I work out six times a week, and abstain from cigarettes.” female, confirmed positive.

- **Friday, March 13th:** Fever and headache
- **Saturday, March 14:** had a cough in the morning
    - Night of Saturday/Sunday: woke up in the middle of the night with chills, vomiting, and shortness of breath.
- **Sunday, March 15:** [feeling better]
- **Monday, March 16:** “could barely speak more than a few words without feeling like I was gasping for air”,  “couldn’t walk to the bathroom without panting as if I’d run a mile.”
    - **Monday Evening:** “I tried to eat, but found I couldn’t get enough oxygen while doing so”, “Any task that was at all anxiety-producing — even resetting my MyChart password to communicate with my doctor — left me desperate for oxygen”, “couldn’t walk” was hospitalized and given oxygen
- **Tuesday, March 17:** in the hospital
- **Wednesday, March 18:** leaves the hospital in the evening

https://www.cnn.com/2020/03/20/politics/congressman-ben-mcadams-coronavirus-symptoms-cntv/

Ben McAdams (male), 45 year-old, Utah senator

> "I am at home, feeling about as sick as I've ever been," Utah Rep. Ben McAdams told CNN's Wolf Blitzer on Friday.
>
> "It's really labored breathing, I feel like I have a belt around my chest that's really tight. When I cough, my muscles are so sore, so I just feel pain every time I cough, which is frequently," he added. "I feel short of breath and I have a fever of about 102."
>
> McAdams said that he was also experiencing a loss of appetite -- an issue when he needs fluids and is easily winded.
>
> "I don't have an appetite so I have to force myself to drink fluids, that's something they told me to do," he said. "But a lot of times when I eat or drink, I lose my breath again," as well as "when I get up and walk, if I go downstairs or walk around."

"They said that right now, as long as it doesn't get worse, I'm fine. That the seventh and eighth day are kind of the worst days of it," he said, noting that he was currently on his seventh day with the virus.

- Does that mean the 7th day since he had symptoms? The 7th day since he was diagnosed?

# Eli's Round 2

https://www.oregonlive.com/coronavirus/2020/03/i-tested-positive-for-coronavirus-heres-what-happened-next-my-story.html

I didn't follow up on this one, because it is from a person on the Diamond Princess Cruise ship.

https://www.reddit.com/r/nyc/comments/fayko1/my_covid19_story_brooklyn/

[Note that this is a random person on reddit. May or may not be reliable.]

He was traveling in Japan the week before his symptoms hit, but he was not tested and was not confirmed to have COVID-19

- **February 25 (literally "three days ago [from February 28th]:**
  - I developed a 102F fever, coughing, and aches.
  - I had a chest x-ray and testing for flu/cold/pneumonia/and about 25 other viruses. They all came back negative.
- **February 28:** Fever of 101.6, still has a cough.
  - That night: High 100s fever
- **February 29:** Mid 99 fever
- **(March 1, 2am):** "As of right now, either my thermometer is broken or I'm at 98.2. I've probably been through 4 fever/chill/sweat cycles in total and now I feel mostly normal from that perspective. On the converse side my cough is worse, it feels deeper and a bit more wretching. The constant coughing is also making my chest sore, not painful as much as exhausted. I can go for 30 minutes without coughing, and then cough nonstop for the next 2 minutes. It's a real mixed-bag."
- **March 2:** No fever
- **(March 3, 10 AM):** "Day three of no fever. Cough still lingers, but the frequency appears to be heading down. I've stopped taking the steroids, just to be safe. Still feeling exhausted, mentally drained, and relatively weak. Outside of that, I have this strange light-headed/weak headache feeling. Overall though, I'm feeling a lot better than the day

I wrote this post originally. I'm continuing to stay home and monitor my condition regularly."

- March 4
- March 5
- March 6
- march 7
- March 8
- **March 9:** "My cough is still lingering but much much much less frequent and no coughing fits. I developed a little bit of sharp pain in my chest (possibly from coughing so much) received an x-ray/ekg and it doesn't seem like anything significant, so I'm waiting for it to go away. Other than that, my energy is basically at 95% of what it normally is."

https://www.click2houston.com/health/2020/03/11/i-had-covid-19-and-heres-my-story-woman-shares-details-of-coronavirus-experience/

"Elizabeth Schneider, a 37-year-old marketing manager who lives in Seattle, told KSAT that she contracted the virus at a small house party on Feb. 22."

**February 22:** Attended the house party
**February 23:**
**February 24:**
**February 25: "**her fever spiked to 103 degrees. She also said she had a headache, severe body aches, joint pain and severe fatigue."
…
Better by March 7

> "Schneider said some other friends who were in their 40s and 50s had slightly different symptoms than she did. Each of them had a fever; hers lasted for 8 days. Some had some nausea, others had diarrhea. Very few had chest tightness or any respiratory symptoms. Schneider said the illness lasted about 10-16 days for all of her friends. One of her friends developed "low-level pneumonia," she said, but none of them had to be hospitalized."

https://www.seattletimes.com/life/what-i-want-you-to-know-about-coronavirus-from-someone-who-recovered-from-covid-19/

> **It all started on Feb. 26, with a fever. One thing I want people to know about COVID-19 is that for some who get it, including me, a fever is a first sign**. (For others, a first sign may be something different.) For me, it wasn't the one-day fever I typically get with the common cold, but **a fever that continued, off and on, for five days**. Which was weird for a generally healthy 40-something adult human.

> My body was giving me a definite “What the—?” vibe. This illness felt … different. Novel, you might say.
>
> I’m pretty sure when and where I picked up the virus — from a small gathering attended by my husband and several of my friends, a few of whom got sick too. But no one knows who dropped it off. No one from the gathering was coughing or sneezing.
>
> Nobody knew the coronavirus had started to spread through the community.
>
> My friends and I stayed in touch via our phones and computers. We were staying home and isolating ourselves because we knew we had something icky that we didn’t want to pass along. **But we didn’t have any breathing problems**. And didn’t COVID-19 always come with respiratory issues?
>
> **The fever subsided, but the crud hung on. I developed sinus congestion and headaches and eventually nausea. A pervasive brain fog kept me from working. My husband and I felt a lot better lying down than doing anything else**, so we watched a lot of Netflix. I spent too much time on social media, where everyone was obsessed with the coronavirus. Our two cats were over the moon: Humans staying home and lying around doing nothing for days on end? Best life! My main emotion, aside from bewilderment about this strange illness, was frustration over not knowing for sure what it was.

https://www.nytimes.com/2020/03/18/well/live/coronavirus-symptoms-diagnosis-covid-19-community.html

The woman, a 37-year-old lawyer

- **Day 1:**
  - **Evening:** start of a cough. “the cough felt like it was coming from deep inside her chest. She could feel a rattling when she took a breath and a tightness, as if she were wearing a shirt that was much too small.”
  - **Middle of the night: “**she felt hot and achy, as if she were getting sick.”
- **Day 2:**
  - **Morning:** 101 fever. “Every muscle and joint ached, as if she’d been body-slammed to the ground. She was so tired that even getting out of bed seemed a challenge. Her throat was sore and her stomach queasy.”
  - **Afternoon:** “She was wheezing and her lung exam was abnormal.”
- …

https://www.vancouverisawesome.com/opinion/covid-19-story-caught-coronavirus-ohio-us-vancouver-bc-2187121

Canadian man that attended a conference in ohio, and then started self isolation when he got home.

- **Day 2 or day 3 of self isolation (ambiguous from the text):** Developed a dry cough. “At first, it was nothing much at all. A few coughs here and there. I had a sore throat. My muscles were sore, but I attributed that to sitting in different positions than I was used to while working from home.”
- **Day 4 of self isolation:** “my cough was bad”
- **Day 5 of self isolation:** “I had a fever and chest pain.” (he says that he was pacing, so he was strong enough to walk.)
    - **Evening:** “My chest pain was so bad that night that it kept me up for several hours. When I finally got to sleep, it was a relief.”
- **Day 6 of self-isolation:** “I woke up on day six of my self-isolation-cum-quarantine with less chest pain than the night before. As I sat up from bed, the cough returned with force hard enough that I felt like I was gagging. This subsided as I drank some fluids, walked around, and took a hot shower.”

http://seattlerefined.com/lifestyle/the-90-year-old-great-grandma-isnt-going-down-without-a-fight

This one doesn’t have much of a timeline. Mostly a fluff peice

Possible sources of case studies

https://www.reddit.com/r/covidpositive/