



The novel coronavirus is likely to cause a wide range of symptoms including fever, cough, sore throat, runny nose, body aches and fatigue. Additionally, you may also experience unusual symptoms such as loss of sense of smell and taste along with gastrointestinal issues. But according to the UK's ZOE symptoms study app is among the five most reported symptoms of the Omicron variant, first discovered in South Africa.

What a COVID headache feels like

The SARS-CoV-2 virus is said to cause headaches that resemble tension headaches or a migraine.

Tension headaches can induce mild to moderate pain, leading to tightness, or pressure around your forehead or the back of your head and neck.

In case of severe headaches, it is imperative that you consult your doctors for a proper diagnosis. In order to manage your headache at home, you can take an over-the-counter medication (with a prescription from your physician). Additionally, rest can make a whole lot of difference. Massage your forehead and temples to get instant relief and drink plenty of water, since dehydration can also cause headaches and dizziness.

Snoring is considered to be normal. But when it becomes louder, you need to be aware that it might be sleep apnea, in which the person gasps for breath during sleep. In this potentially lethal sleeping disorder a person's breathing repeatedly pauses and starts.

Sleeping in the afternoon can help the child take rest but afternoon naps can often turn into long naps that last for an hour or two. This can disrupt the entire biological clock of the child. Try and engage your child in mental or physical activities like a board game or some dancing.

