COVID-19 Disease Progression*

COVID-19 incubation period is 4-6 days, but can be up to 14

Exposure to the Virus

Day 0

Days 1-3

Symptoms Start

Days 4-6
on average

**Infectious Period
(8-10 days
but can be longer)**
Starts from 1 to 3 days before symptoms develop.

Illness Lasting 10 days on average

Day 10

Symptoms Improve

Days 11-14

Release from Isolation
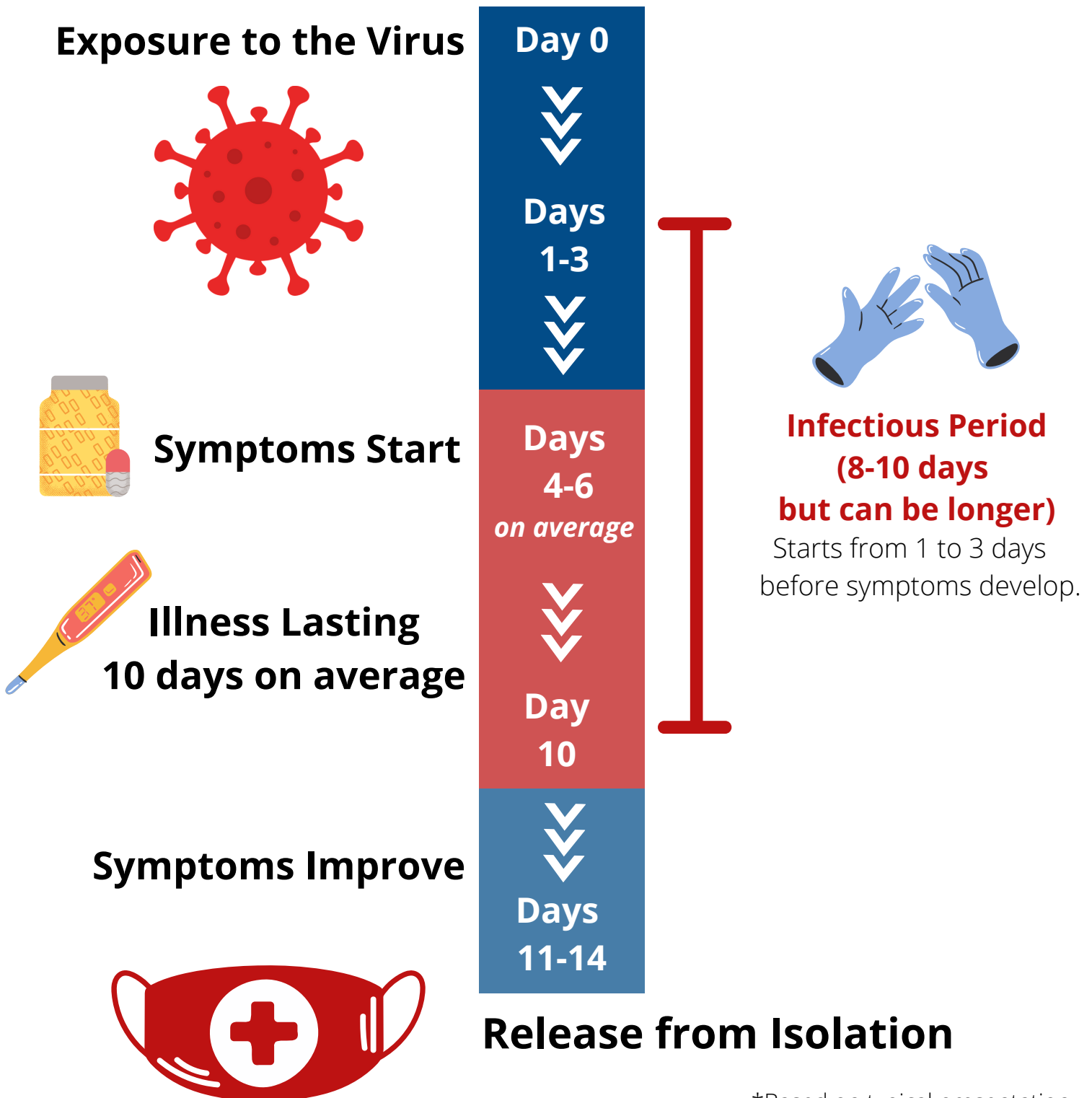
*Based on typical presentation.