

CORONAVIRUS (COVID-19): Shortness of Breath

Shortness of Breath is an important symptom of Coronavirus, also known as COVID-19, and many other common conditions like Asthma, COPD, and heart disease. Shortness of breath means you have trouble breathing even when sitting down or doing your normal daily activity, like washing dishes, folding laundry or walking around the house. It does not mean you have a hard time breathing because you have a stuffy or runny nose.

Patients with shortness of breath show the following signs:

- Difficult or heavy breathing
- Feeling tightness in your chest or lungs
- Or, feeling out of breath when walking up a flight of stairs.

Severe symptoms include:

- Gasping for air
- Blue-colored lips or face
- Fainting or passing out

If you have any of the severe symptoms, call 911 and inform the dispatcher you may have coronavirus. If you have shortness of breath that is not life-threatening, visit kp.org/getcare or call the advice number located on your member ID card. Remember, **PLEASE DO NOT WALK IN TO ANY MEDICAL FACILITY WITHOUT SPEAKING TO A MEDICAL PROFESSIONAL FIRST** to avoid putting you, your loved ones, or others around you at risk.