

Covid-19 Symptom Tracker

There is a very big project being run by Prof Tim Spectre of Kings College London, on the symptoms of Covid-19 (and the lack of them) in order to understand, model, predict and hopefully manage Covid-19. This will be particularly important when lockdown ends as outbreaks may occur and have to be dealt with.

There are currently about 2.5million contributors in the UK who report their health and any (or no) symptoms into the app every day or two, and older people 60+ are particularly underrepresented, probably as there are more that are not IT literate in our age group. The aim is to get it to 5 million contributors fairly quickly. It may seem odd but reporting no symptoms is the most important info they can get. The Covid-19 symptoms tracker website for more info is on covid.joinzoe.com and the latest webinar on covid.joinzoe.com/post/webinar-covid-research

Interesting findings so far are:

1. Based on the symptoms being reported, a daily progression map showing the spread of Covid-19 in the UK since the day after lockdown. See covid.joinzoe.com/data#levels-over-time
2. The finding that loss of smell/ taste is happening in many people that are believed to have Covid-19 and these are probably the people that get it mildly. This is not something that is an official Covid-19 symptom on the PHE website.
3. The Covid-19 symptoms are believed to be different in older people from young people, with older people also getting diarrhoea, headache, shortness of breath and confusion, rather than just the cough and fever that younger people mainly get. See covid.joinzoe.com/post/frailty
4. A few people seem to get mild symptoms for up to a month and during that time they can spread the virus massively.

Given that this project has already helped science's understanding of covid and is likely to help a great deal more, particularly in quickly detecting outbreaks after lockdown in order to manage them down and also as older people are underrepresented, maybe this is something that could be communicated to U3A members, both in Caterham and possibly more widely.

A number of significant charities are behind this project (age concern, cancer uk etc)

It seems to me that supplying data to this project is something important that we can all easily do to help beat Covid-19.

Best wishes and stay safe
Michael Connick