

# New Covid-19 Variant In India: Top Signs And Symptoms Of The JN.1 Strain

As the cases of the JN.1 strain are rising rapidly, it is crucial to understand the signs and symptoms of this new variant. Let's take a look at the symptoms reported so far.

- Fever
- Runny nose
- Sore throat
- Headaches
- Minor gastrointestinal problems in some cases
- Extreme fatigue
- Exhaustion and muscle weakness

The doctors have also reported that most patients experience mild upper respiratory symptoms. These symptoms usually improve within four to five days.

In some cases, the new variant may also present with a loss of appetite and persistent nausea.

Loss of appetite when accompanied by other symptoms can indicate the onset of the JN.1 variant. It is also advised to seek medical consultation if these symptoms are present.

The central government has also issued advisories to state governments urging them to ensure adequate health arrangements are present.

Currently, infected individuals are experiencing mild symptoms that can be managed with home isolation and medical assistance.

# Precautions:

- **Stay Informed:** Stay updated with the latest information about the JN.1 strain and follow guidelines provided by health authorities.
- **Practice Good Hygiene:** Wash your hands frequently with soap and water for at least 20 seconds, especially after being in public places or touching surfaces. Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- **Wear a Mask:** Wear a mask in public settings, especially in crowded or enclosed spaces, to protect yourself and others from respiratory droplets.
- **Maintain Social Distancing:** Keep a safe distance from others, especially if they are showing symptoms or if you are in a high-risk area.
- **Seek Medical Attention:** If you experience any of the symptoms associated with the JN.1 strain, especially if you have a loss of appetite and persistent nausea, seek medical consultation and follow the advice of healthcare professionals.
- **Follow Isolation Guidelines:** If you test positive for Covid-19 or suspect you have been exposed to the JN.1 strain, follow the isolation guidelines provided by health authorities to prevent the spread of the virus.
- **Get Vaccinated:** If eligible, get vaccinated against Covid-19 to reduce the risk of severe illness and protect yourself and others from the virus.

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