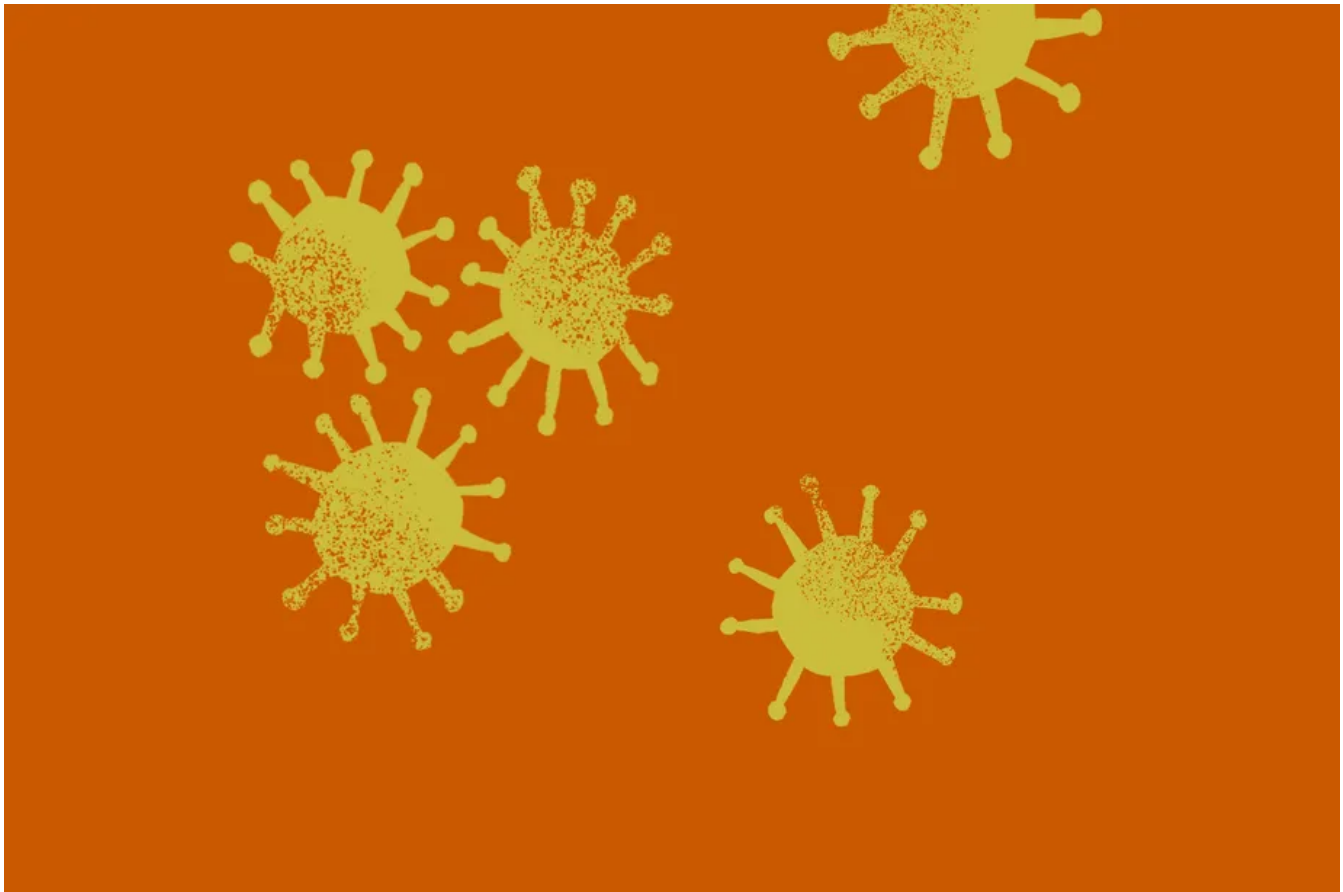


CDC director says mild COVID symptoms doesn't mean they're mild

Mild COVID symptoms doesn't mean your experience will be mild or light, the CDC director said

[Herb Scribner](#) Jan 28, 2022, 5:00pm MST



Mild COVID-19 symptoms doesn't mean your experience will be mild or light, the CDC director said.

Illustration by Zoe Peterson, Deseret News

[Omicron variant symptoms](#) may be considered "mild" but that doesn't mean that you're going to have a mild experience.

The news: [Dr. Rochelle Walensky](#), the director for the Centers for Disease

Control and Prevention, said Wednesday that the decision to label omicron variant symptoms as "mild" is misleading.

- "Importantly, 'milder' does not mean 'mild.' And, we cannot look past the strain on our health systems and substantial number of deaths — nearing 2,200 a day as a result of the extremely transmissible omicron variant," she said, per [Fox News](#).

Yes, but: [Walensky said](#) the COVID-19 vaccines have decreased the severity of the omicron variant and led to less likeliness of hospitalizations and deaths for many.

Why it matters: Many people see the omicron variant is a mild COVID-19 disease. But that's not the case. An infection can cause death and hospitalization for many and it should be approached with caution.

What to know: Walensky said people should still wear their face masks and practice proper health guidance to keep others safe from the omicron variant.

Flashback: A number of experts told [HuffPost](#) that mild symptoms don't always mean mild. For example, a mild version of COVID-19 is basically anything that stops short of hospitalization.

- "The big question is whether or not you're able to recuperate at home," [Carl Lambert Jr.](#), a Chicago-based family physician, told [HuffPost](#).
- "When I talk to patients, I explain that moderate or severe means that you had to go to the hospital and they had to keep you to watch you," [he said](#).