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Covid symptoms you should never ignore amid new XEC variant

The XEC variant has reportedly been identified in 15 countries across the world, with experts warning the strain could be the 'next' to spread. While yet to provide detailed data on the strain, it's important to be aware of the symptoms

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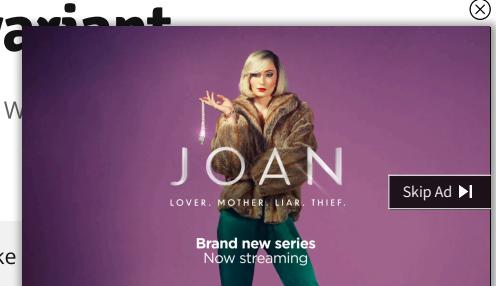
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 (Image: Getty)

Health experts are sounding the alarm over a 'new Covid variant' identified in 15 countries, with the infectious strain known as 'XEC' coming into focus thanks to Eric Topol, a top American scientist and Executive VP at Scripps Research. He spotlighted the latest data tracked by specialist Mike Honey.

Graphs show that XEC was initially detected in Germany before spreading across Europe and the US. Topol remarked: "At this juncture, the XEC variant appears to be the most likely one to get legs next."

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The XEC

This follows comments from Dr Elizabeth Hudson, regional chief of infectious diseases for Kaiser Permanente Southern California, who told the LA Times last month that the spread of XEC is 'just getting started', stating: "XEC is definitely taking charge. ... That does appear to be the next variant."

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According to The Mirror, symptoms of the XEC **Covid** variant are similar to those of previous strains, including a cluster known as FLiRT which emerged in spring. Symptoms may include a high temperature, a new and continuous cough, shortness of breath, exhaustion, and body aches, among others.



Topol also tweeted: "At this juncture, the XEC variant appears to be the most likely one to get legs next. Its current status nicely tracked by @Mike_Honey_ 's threadhttps://t.co/4AnLa3MXfz", reports **the Express**.

The UK Health Security Agency has yet to provide detailed data concerning the specific XEC variant, but **NHS** advice remains steadfast. For those with a high temperature who don't feel well enough to work, attend school or complete



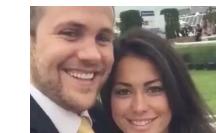
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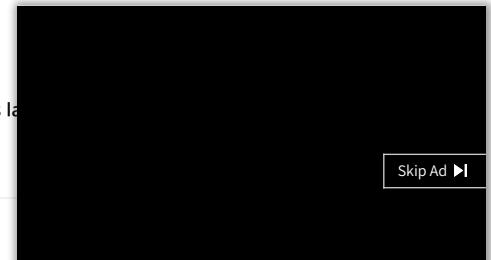


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Self-isolation could be on the cards again as a measure to limit the spread of Covid, especially important to protect the more vulnerable members of society from this nasty variant.

Healthcare experts are also calling on everyone in the UK to keep vaccinations and booster shots up to date. Vaccines may not fully prevent catching the virus, but they are the best option for reducing the risks of serious complications and fatalities.

There has been an outreach to the UK Health Security Agency for a more in-depth explanation.

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