

Forum:[Hack Forums](#)

Thread: [\[Advice\]Lost my taste and smell due to COVID-19](#)

Shut Down - August 2, 2021, 5:44 am

Recently I just recovered from Covid-19, after being quite sick for few weeks. I had an intense fever and body ache for like 5 days, followed by almost 2 weeks of feeling like shit.

But honestly the worst of everything is losing my sense of taste and smell. I literally can't smell anything, except maybe I can feel the scent of a strong alcohol/sanitizer. Combine that with an absolutely zero taste and you have a recipe for depression. Not being able to taste my favorite food really fucks me up mentally.

My doctor suggestion is to keep resting and staying hydrated but honestly I would love to know what you guys think either from personal experience or general knowledge.

Yanix - August 2, 2021, 5:58 am

(Aug 2, 2021 05:44 AM)Shut Down Wrote: [\[CITE\]](#) Recently I just recovered from Covid-19, after being quite sick for few weeks. I had an intense fever and body ache for like 5 days, followed by almost 2 weeks of feeling like shit.

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My 2 brothers caught the virus few months ago and they have lost their sense of taste and smell but they just rest and have themselves isolated and in few days it just came back. That's all they have done and nothing to worry for sure it will comes back for you as well. ???

Ninja™ - August 2, 2021, 6:21 am

From General Experience, its quite common to lose taste for a few days after recovering from many different type of diseases.

Shut Down - August 2, 2021, 6:31 am

(Aug 2, 2021 06:21 AM)Ninja™ Wrote: [\[CITE\]](#) From General Experience, its quite common to lose taste for a few days after recovering from many different type of diseases.

Although I have also previously lost my taste and smell partly due to illness, I never lost it to this extent.(99% taste, 99% smell) and also it never lasted almost 3 weeks and counting. That's why I'm desperately searching for a remedy.

Ninja™ - August 2, 2021, 6:33 am

(Aug 2, 2021 06:31 AM)Shut Down Wrote: [\[CITE\]](#) Although I have also previously lost my taste and smell partly due to illness, I never lost it to this extent.(99% taste, 99% smell) and also it never lasted almost 3 weeks and counting. That's why I'm desperately searching for a remedy.

Mate, this sounds serious. 99% is almost complete loss and that too for 3 weeks. Even I would be worried if I was in your shoes.

Shut Down - August 2, 2021, 6:34 am

(Aug 2, 2021 05:58 AM)Yanix Wrote: [\[CITE\]](#) My 2 brothers caught the virus few months ago and they have lost their sense of taste and smell but they just rest and have themselves isolated and in few days it just came back. That's all they have done and nothing to worry for sure it will come back for you as well. ???

I'm really glad they recuperated and they are well. May I ask how severe were their symptoms and what medicine were they prescribed if it's not a secret?

Yanix - August 2, 2021, 6:37 am

(Aug 2, 2021 06:34 AM)Shut Down Wrote: [\[CITE\]](#) I'm really glad they recuperated and they are well. May I ask how severe were their symptoms and what medicine were they prescribed if it's not a secret?

They were just given a medicine for their cough and fever and nothing else.

The first one just take 3 days and he is fine but completed his 21 days quarantine and my older brother takes 5 days before coping up.

SeekHelp - August 2, 2021, 7:33 am

(Aug 2, 2021 06:31 AM)Shut Down Wrote: [\[CITE\]](#) Although I have also previously lost my taste and smell partly due to illness, I never lost it to this extent.(99% taste, 99% smell) and also it never lasted almost 3 weeks and counting. That's why I'm desperately searching for a remedy. try ivermectin. should be easily accessible as it's a common medication. works for covid

Grim - August 2, 2021, 10:20 am

hope you get better man had a few friends who also lost there taste got it back in about 2 weeks tho

T0Bi - August 2, 2021, 10:24 am

Afaik there's nothing you can do apart from waiting, but maybe contact another doctor.. always a good idea to get a second opinion.

Two of my friends (brothers) have/had this as well, one still cannot taste anything after months, the other one says he's at ~50%.

Shit like this is the reason I got jabbed.

Manks - August 2, 2021, 10:28 am

Everything very slowly came back for me when I lost my sense of taste and smell.

I didn't even lose it persay, everything just tasted horrid; like it was burnt. It was weird.

But after about a week, when I went to smoke again, i could actually taste the schweed. It was great.

Just keep at it, be healthy. take ur vitamins. Your body will recover hopefully by itself.

Dan - August 2, 2021, 10:29 am

(Aug 2, 2021 05:44 AM)Shut Down Wrote: [\[CITE\]](#) Recently I just recovered from Covid-19, after being quite sick for few weeks. I had an intense fever and body ache for like 5 days, followed by almost 2 weeks of feeling like shit.

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I have a family member who had a really bad cold a few years ago (precovid) and her taste and smell hasn't come back.

Hope it comes back for you though and it just needs some rest and recovery!

All the best

SIM-3749878 - August 2, 2021, 10:30 am

You can rest easy OP, you do not have to worry yet. I am very active when it comes to cooking, my kitchen has a lot of different smell and taste because I love cooking different things. I also caught Covid-19 and like most people I was completely recovered within 48 hours. However, I also lost my smell and taste completely. I did not even notice it at first, but one day I just found out that I am healthy, but the things I'm eating does not taste anything, I don't have any appetite and I don't think I can smell anything either. So I did a simple test: Open a vinegar bottle and immediately put it under my nose and smell deep. I could smell/breathe normal, even though the intense smell of vinegar normally should make ones head pull back because it smell so strong. So, I used this vinegar bottle to test myself to see whether the smell had come back or not.

It took about 2 months, then I was really, completely recovered from Covid-19. There are reports of people losing their taste and smell for 6 months, maybe even more. So, you're not in any danger yet and you do not have to worry yet. Like 99% of all other cases of Covid-19 you will be just fine. Just make sure to drink and eat even though it's boring now that you can't taste it.

Artisan - August 2, 2021, 10:57 am

It will take around a month for your sense of smell to come back and taste will be affected till then. You can recover some of your tasting capabilities by trying bitter foods.

XBT4R - August 2, 2021, 12:34 pm

Staying hydrated is key. Keep flushing out toxins from your body and stay healthy.

Demize - August 2, 2021, 1:25 pm

I had it and it took a week or two for it to come back and over a month for it to be fully back

Nate - August 3, 2021, 1:06 am

Happened to my sister but she got it back in a couple months

Shut Down - August 3, 2021, 2:55 am

I feel much better myself now that I see I'm not the only one that is having this longer than a month. I feel sorry for everyone who had this hardship, it really is something that you're not afraid of until it hits you.

I'm running from one place to another all day yday and today and speaking with a number of doctors, will give out feedback.