

Abstract

In late 2019, there was an emergence of a SARS-CoV-2 strain of the coronavirus with the first reports coming from Wuhan China. This strain has since spread and mutated across the world causing a pandemic as of June 2021. The SARS-CoV-2 causes a disease called COVID-19 in the human body. The progression of the disease symptoms has not been systematically illustrated fully. This paper attempts to logically give a scientific guide on the progressive development of the symptoms experienced by most COVID-19 patients. The study is based on a personal infection of SARS CoV-2, symptom evaluation, medication, and recovery from COVID-19. It also looks comparatively at other literature and patients' experiences. The patient data was collected during the second SARS-CoV-2 wave in Kenya with reports of the South Africa SARS CoV-2 strain being reported in the country. The study recommends a continuous pathogenies evaluation of the subsequent SAR CoV-2 variants infection pathways. This shall decipher the main attack models of the new variants and thereafter in the development and validation of COVID-19 vaccines.