

What To Do if You Have COVID-19

Learn How To Take Care of Yourself and Protect Others

What are the symptoms of COVID-19?

- Common symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- Some people do not have any symptoms.



Who is at increased risk for severe COVID-19 illness?

- People age 65 and older are at the highest risk.
- People of any age who have certain underlying health conditions.
- People who have not been vaccinated against COVID-19.
- Black, Latino and Indigenous people, due to systemic health and social inequities.

What should I do if I have COVID-19 symptoms or test positive?

- **Stay home.** Do not leave home except to get essential medical care (including COVID-19 testing) or basic needs (such as groceries) if someone cannot get them for you. Do not go to work or school.



- **Talk to your health care provider and ask about treatment.** Call or use video when possible. Treatment reduces the risk of getting very sick from COVID-19 and being hospitalized, and works best when received soon after getting sick. For more information, visit [nyc.gov/health/covidtreatments](https://www.nyc.gov/health/covidtreatments).



- **Get tested.** Visit [nyc.gov/covidtest](https://www.nyc.gov/covidtest) or call **311** to find a testing site. Many sites offer free testing.



- **Let close contacts know.** Tell people you have been in close contact with (within 6 feet for at least 15 minutes over a 24-hour period) so they can get tested. This includes anyone you were in close contact with two days before your symptoms began (or test date if you had no symptoms).

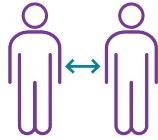
- **Seek help in an emergency.** If you have trouble breathing, pain or pressure in your chest, bluish or grayish lips or face, or any other emergency condition, go to the hospital or call **911** immediately.



How do I protect people I live with?

- Create physical distance:

- Stay in a separate room and use a separate bathroom, if possible.



- Keep away from others, especially people at increased risk for severe COVID-19 illness.

- Cover up:

- Wear a well-fitting face mask when around others. Have them wear a face mask around you.
- Cover your cough or sneeze with a tissue or your arm.



- Clean:

- Wash your hands often with soap and water.
- Clean surfaces you touch often.
- Do not share towels, food or utensils.



- Ventilate:

- Open windows and doors.
- Use a portable air cleaner.
- Turn on bathroom and stovetop fans that pull air upward.



When can I leave home after being sick?

- If you test positive and have symptoms, stay home (isolate) for at least five full days after your symptoms began. You can then leave home if your symptoms did not include shortness of breath or difficulty breathing, your overall illness has improved, and you have not had a fever in the last 24 hours without taking medicine.
- If you test positive and do not have symptoms, stay home for five full days after the day you were tested.
- If you test negative and have symptoms, you can leave home if you have not had a fever for the last 24 hours without taking medicine. If using at-home COVID-19 tests, take at least two tests 48 hours apart.



Wear a well-fitting mask around others and follow key prevention tips for 10 days from when your symptoms began or when you tested positive. For more information, visit [cdc.gov/coronavirus/2019-ncov/your-health/isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html).



Need Help?

If you need a health care provider, call 212-COVID19 (212-268-4319). NYC provides care regardless of immigration status or ability to pay.

Stay up to date with your vaccines. Vaccination is the best way to protect yourself from severe COVID-19 illness, hospitalization and death. Get vaccinated and boosted, even if you previously had COVID-19 to help prevent getting it again. For more information about COVID-19 vaccination, visit nyc.gov/covidvaccine.