

NYC COVID-19 Testing Recommendations

Get tested! All New Yorkers should get tested for COVID-19.

To prevent the spread of COVID-19, New Yorkers should get tested periodically, regardless of whether they have symptoms. This document serves as a guide for how often New Yorkers should get tested. For more information about testing, talk to your health care provider.

Health care workers, other essential workers, and workers who have in-person contact with people as part of their jobs should get tested once per month (see Page 2).

To find a testing site near you, visit nyc.gov/covidtest or text "COVID TEST" to 855-48. Many sites are free, including all sites operated by NYC Health + Hospitals and the NYC Department of Health and Mental Hygiene.

When to get tested

Immediately:

- If you have symptoms of COVID-19, such as 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.
- If you had close contact with someone who has COVID-19.
 - If you are a close contact to someone with COVID-19 (you were within 6 feet for at least 10 minutes), you must quarantine for 14 days since your last exposure regardless of your test result.
- If you live or work in an area with increased COVID-19 transmission. Check your zone here: nyc.gov/covidzone.
- After returning to NYC from a state with a high level of COVID-19.
 - You must quarantine for 14 days regardless of your test result.
 - For the current list of states with a high level of COVID-19 and more information about travel quarantine requirements, visit ny.gov/traveladvisory.
- After attending a large indoor gathering of 50 people or more.
- If the test result is negative, consult with your health care provider about whether you should get tested again the following week.

Before you go:

- If you plan to visit someone who may be at increased risk of severe COVID-19.
 - If you test positive or have symptoms of COVID-19 or recent close contact with someone who has COVID-19, cancel your plans.

Periodically:

- If you work outside the home or if you work or live in a congregate setting (see tables).

