What to do if you have COVID-19 symptoms

If you have one or more of these new, changed, or worsening symptoms:
- Fever (≥100.4°F) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Loss of taste or smell
- Congestion or runny nose
- Nausea, vomiting, or diarrhea
- Headache
- Fatigue
- Sore throat
- Cough

Stay home and test for COVID-19 or see a healthcare provider

You test POSITIVE for COVID-19

Isolate at home

You can leave isolation after 5 days have passed since symptoms first appeared if:
- You have had no fever within the past 24 hours (without medication)
- Your symptoms have improved

Notify people who have been exposed to you and refer them to Tree 2.

When resuming normal activities days 6–10:
- Wear a mask around others at home and in public
- Avoid people who are immunocompromised, health care settings and other high-risk settings
- Refer to What to do if you test positive for COVID-19 for more information, such as:
  - what to do in certain congregate settings
  - how to use antigen testing to determine when to leave isolation and remove your mask

You test NEGATIVE for COVID-19

You test NEGATIVE for COVID-19 or receive a different diagnosis from a health care provider

You received a different diagnosis from a healthcare provider

Stay home

- Consider retesting every 24–48 hours through at least 5 days after your symptoms started
- Resume normal activities when:
  - You have had no fever within the past 24 hours (without medication)
  - Your symptoms have improved

Resume normal activities if:
- You have had no fever within the past 24 hours (without medication)
- Your symptoms have improved

You do not get tested

Were you exposed to COVID-19?

YES

See tree

You test NEGATIVE for COVID-19

NO

1 If the person is under the age of two and ONLY has this symptom, testing and isolation are not required. If the child’s symptoms worsen or persist beyond 5 days, contact a health care provider.

2 Exposed to COVID-19: someone who was within 6 feet of a COVID-19 case for more than 15 minutes within a 24-hour period during the case’s contagious period. The definition of a close contact may vary in some situations.

3 If you cannot wear a well-fitting mask, you should complete a full 10-day isolation at home.

4 See Self-Testing Guidance for the Public for additional information about using repeat testing if you test negative. If you tested negative with a molecular laboratory test (e.g., PCR), you do not need to repeat testing.
What to do if you have been exposed to COVID-19

This decision tree is for the general public and non-health care settings, such as schools and child cares.

If you have been exposed to COVID-19, do you have symptoms?

YES

Stay home and immediately test for COVID-19

- Consider retesting every 24–48 hours through at least 5 days after your symptoms started.
- Wear a mask if you must be around others while you are sick or through 10 days after your last exposure, whichever is longer.
- Resume normal activities when:
  - You have had no fever within the past 24 hours (without medication)
  - Your symptoms have improved

See What to do if you were potentially exposed to someone with COVID-19 for more information.

NO

Test 3–5 days after your exposure to COVID-19

See Tree 1

You test NEGATIVE for COVID-19

Stay home

- Consider retesting every 24–48 hours through at least 5 days after your symptoms started.
- Wear a mask if you must be around others while you are sick or through 10 days after your last exposure, whichever is longer.
- Resume normal activities when:
  - You have had no fever within the past 24 hours (without medication)
  - Your symptoms have improved

See What to do if you were potentially exposed to someone with COVID-19 for more information.

You test POSITIVE for COVID-19

See Tree 1

Re-test and take precautions

- Consider retesting 24–48 hours after your first test.
- For 10 days after your last exposure:
  - Wear a mask when you are around others indoors
  - Do not go places you are unable to wear a mask
  - Monitor for symptoms
  - Avoid people at high risk for severe disease

See What to do if you were potentially exposed to someone with COVID-19 for more information.

You test NEGATIVE for COVID-19

See Tree 1

What to do if you test positive for COVID-19

- Consider retesting 24–48 hours after your first test.
- For 10 days after your last exposure:
  - Wear a mask when you are around others indoors
  - Do not go places you are unable to wear a mask
  - Monitor for symptoms
  - Avoid people at high risk for severe disease

See What to do if you were potentially exposed to someone with COVID-19 for more information.

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1 Exposed to COVID-19: someone who was within 6 feet of a COVID-19 case for more than 15 minutes within a 24-hour period during the case’s contagious period. The definition of a close contact may vary in some situations.
2 If you tested positive in the past 90 days and have symptoms of COVID-19, use an antigen test (not a PCR test).
3 If you have tested positive in the past 30 days and recovered and do not have symptoms, testing again for COVID-19 is not recommended. You should, however, wear a well-fitting and high-quality mask around others, not go places you cannot wear a mask, monitor for symptoms, and avoid people at high risk for severe disease for 10 days after your last exposure.
4 If you tested positive in the past 30–90 days, use an antigen test (not a PCR test).
5 See Self-Testing Guidance for the Public for additional information about using repeat testing if you test negative. If you tested negative with a molecular laboratory test (e.g., PCR), you do not need to repeat testing.