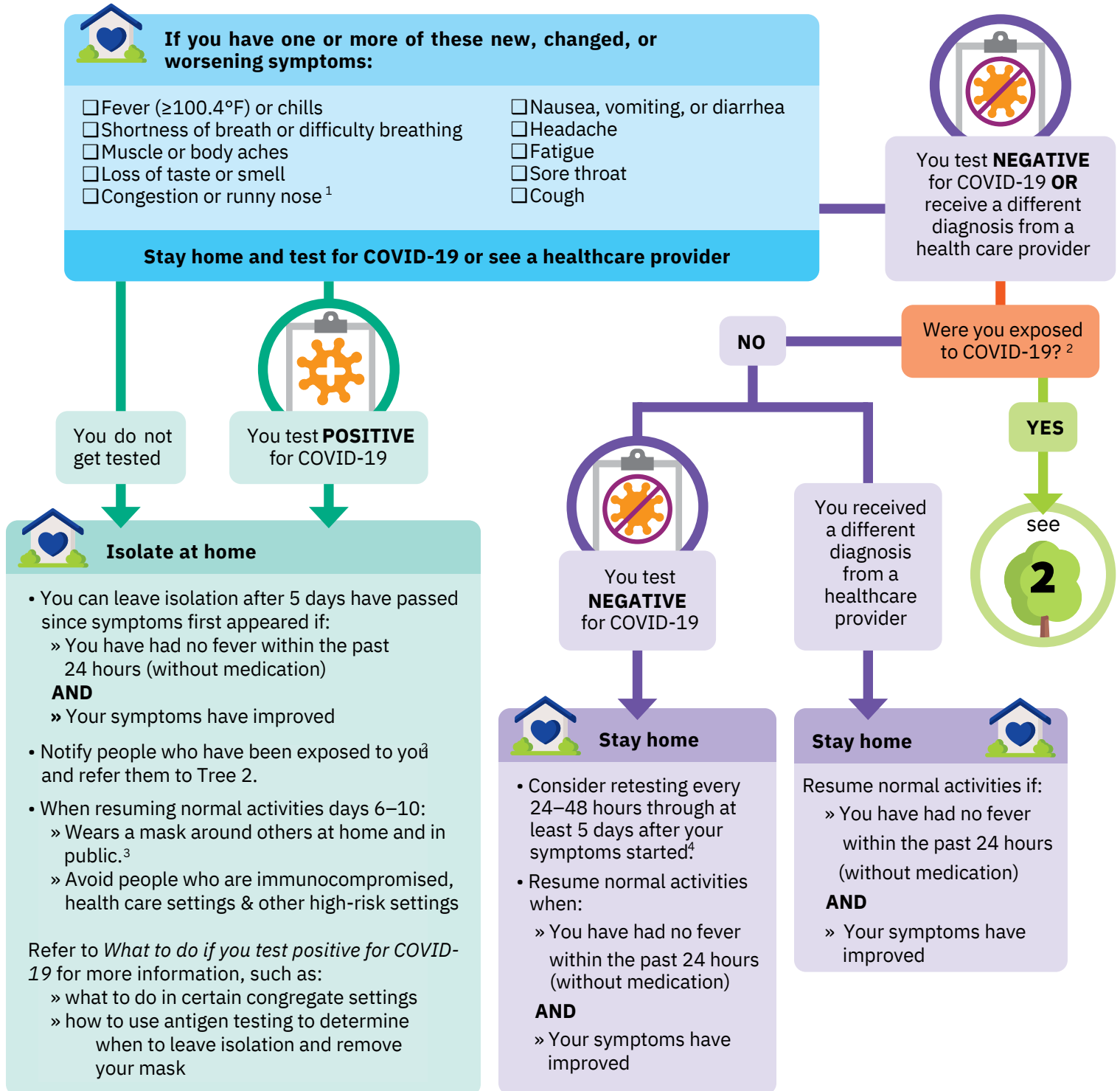# What to do if you have COVID-19 symptoms

1

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

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 [1]

- ☐ Nausea, vomiting, or diarrhea
- ☐ Headache
- ☐ Fatigue
- ☐ Sore throat
- ☐ Cough

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

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

NO

Were you exposed to COVID-19? [2]

YES

see **2**

You do not get tested

You test POSITIVE for COVID-19

You test NEGATIVE for COVID-19

You received a different diagnosis from a healthcare provider

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)
  - **AND**
  - » Your symptoms have improved

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

- When resuming normal activities days 6–10:
  - » Wears a mask around others at home and in public. [3]
  - » Avoid people who are immunocompromised, health care settings & 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

Stay home

- Consider retesting every 24–48 hours through at least 5 days after your symptoms started. [4]
- Resume normal activities when:
  - » You have had no fever within the past 24 hours (without medication)
  - **AND**
  - » Your symptoms have improved

Stay home

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

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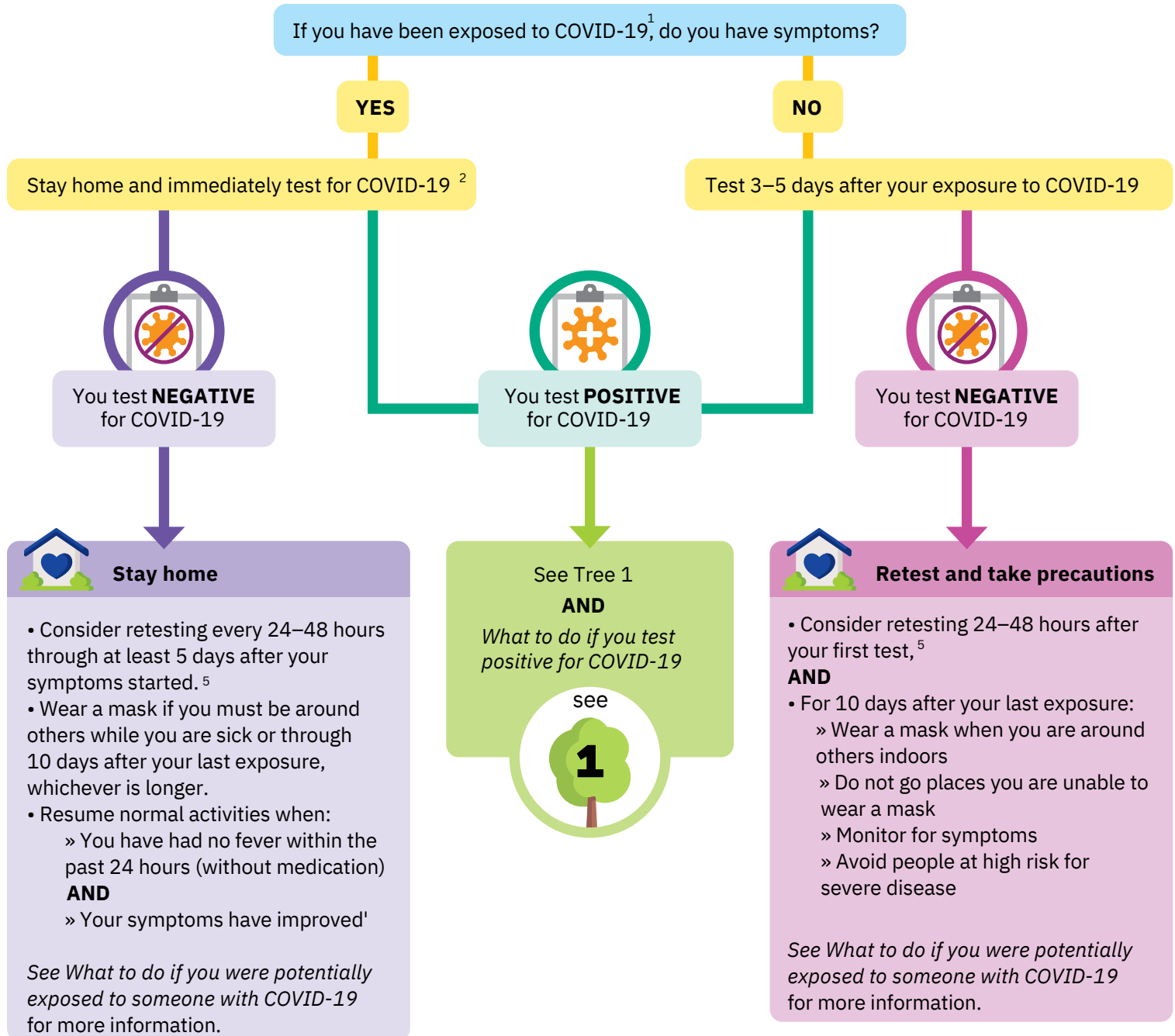
[3] If you cannot wear a well-fitting mask, you should complete a full 10-day isolation at home.

[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.

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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[1], do you have symptoms?

YES → Stay home and immediately test for COVID-19 [2]

NO → Test 3–5 days after your exposure to COVID-19

You test NEGATIVE for COVID-19

Stay home

- Consider retesting every 24–48 hours through at least 5 days after your symptoms started. [5]
- 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) **AND**
    » 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
AND
What to do if you test positive for COVID-19

see **1**

You test NEGATIVE for COVID-19

Retest and take precautions

- Consider retesting 24–48 hours after your first test, [5]
AND
- 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.

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