What to do if you have COVID-19 symptoms

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
- 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

You received a different diagnosis from a healthcare provider

Yes

You test NEGATIVE for COVID-19

Stay home

You received a different diagnosis from a healthcare provider

Stay home

Stay home

NO

Were you exposed to COVID-19?

You do not get tested

You test NEGATIVE for COVID-19

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

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.

<table>
<thead>
<tr>
<th>If you have been exposed to COVID-19 (^1), do you have symptoms?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>YES</strong></td>
</tr>
<tr>
<td>Stay home and immediately test for COVID-19 (^2)</td>
</tr>
<tr>
<td>You test <strong>NEGATIVE</strong> for COVID-19</td>
</tr>
<tr>
<td><strong>Stay home</strong></td>
</tr>
<tr>
<td>• Consider retesting every 24–48 hours through at least 5 days after your symptoms started. (^5)</td>
</tr>
<tr>
<td>• Wear a mask if you must be around others while you are sick or through 10 days after your last exposure, whichever is longer.</td>
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<tr>
<td>• Resume normal activities when:</td>
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<tr>
<td>- You have had no fever within the past 24 hours (without medication) <strong>AND</strong></td>
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<tr>
<td>- Your symptoms have improved</td>
</tr>
<tr>
<td>See What to do if you were potentially exposed to someone with COVID-19 for more information.</td>
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<td></td>
</tr>
</tbody>
</table>

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.