# 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.
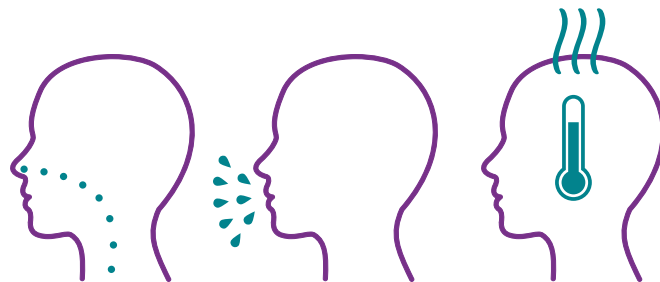
Who is at increased risk of getting very sick, being hospitalized or dying from COVID-19?

- People age 50 and older, especially people age 65 and older
- People who are pregnant
- People of any age who have certain underlying health conditions
- People with disabilities
- 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?

- **Stay home.** Do not go to work or school. Take precautions to protect people in your home from getting sick. (See section titled "How do I protect others?" on Page 2.)

- **Get tested.** Many health care providers and pharmacies offer testing.

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

- **Let close contacts know.** Tell people you have been in close contact with so they can get tested. This includes anyone you were in close contact with two days before your symptoms began (or on the 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.

When can I leave home after being sick?

- If you have symptoms, stay home until, for at least 24 hours, you have not had a fever without taking fever-reducing medicine (such as Tylenol) and your other symptoms are improving.

- Follow the precautions in the section titled "How do I protect others?" (at right) when you are home sick and for the five days after you return to school, work or other activities, as you still may be able to spread the virus to others.

- If you never had symptoms but tested positive for COVID-19, you do not need to stay home but should take the precautions for five days from your test date to reduce the risk of spreading the virus to others.

- If you develop a fever or start to feel worse after you have resumed your regular activities, stay home and away from others again until, for at least 24 hours, you have not had a fever without taking fever-reducing medicine and your other symptoms are improving. Then take the precautions for the next five days.

How do I protect others?

Follow these precautions to protect others when you are home sick and for five days after you return to school, work or other activities:

- 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.
- 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.
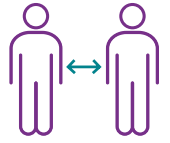
? Need help?

For help finding a provider, call **311** or 844-NYC-4NYC (844-692-4692).

Stay up to date with your vaccines. Vaccination is the best way to protect yourself from severe COVID-19 illness, hospitalization and death. Vaccination also reduces the risk of getting long COVID (symptoms that last for months or longer after COVID-19 infection). For more information about COVID-19 vaccination, visit **nyc.gov/covidvaccine**.

NYC Health