What to Do If You Have COVID-19

LEARN HOW TO TAKE CARE OF YOURSELF AND OTHERS AT HOME.

What Are the Symptoms of COVID-19?
• There are a wide range of symptoms, ranging from mild to severe. Some people do not have any symptoms.
• More 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.

Who Is At Increased Risk for Serious Illness from COVID-19?
• Among adults, the risk of serious illness increases with age, with older adults at the highest risk.
• People from some racial and ethnic groups (including Black, Latino and Indigenous groups) due to systemic health and social inequities.
• People of any age who have underlying health conditions, such as:
  ◦ Cancer
  ◦ Chronic kidney disease
  ◦ Chronic lung disease
  ◦ Dementia and other neurological diseases
  ◦ Diabetes
  ◦ Heart conditions
  ◦ HIV
  ◦ Obesity
  ◦ Sickle cell disease
  ◦ Weakened immune system

What Should I Do if I Have COVID-19 Symptoms?
• Stay home! Do not leave home except to get tested for COVID-19 and other essential medical care or basic needs, such as groceries, if someone cannot get them for you. Do not go to work, even if you are an essential worker.
• Talk to your health care provider! Use telephone or telemedicine when possible.
• Get tested! If your provider does not offer testing, visit nyc.gov/covidtest or call 311 to find a testing site near you. Many sites offer free testing.
• Call 911 in an emergency! If you have trouble breathing, pain or pressure in your chest, are confused or cannot stay awake, have bluish lips or face, or any other emergency condition, go to the hospital or call 911 immediately.
• If you must leave home:
  ◦ Avoid crowded places.
  ◦ Stay at least 6 feet from others.
  ◦ Wear a face covering.
  ◦ Wash your hands and use hand sanitizer.

If you test positive for COVID-19, you may be eligible for monoclonal antibody treatment, which can reduce your symptoms and help you avoid hospitalization. Treatment is most effective when received soon after COVID-19 symptoms begin, so it is important to get tested right away. Read Monoclonal Antibody Treatment for COVID-19 and talk to your provider for more information.
If you have symptoms of or test positive for COVID-19 and live with others:

- Create physical distance:
  - Do not have visitors.
  - Stay at least 6 feet from others. Stay in a separate room if possible.
  - Sleep head-to-toe if you share a bed, or have someone sleep on the couch.
  - Keep people who are sick separate from others, especially from people at increased risk for severe COVID-19 illness.
  - Consider staying at a COVID-19 hotel, free of charge. Visit nyc.gov/covid19hotel or call 844-NYC-4NYC (844-692-4692).

- Cover up:
  - Wear a face covering whenever you are in the same room as others (others should wear a face covering too).
  - Cover your cough or sneeze with a tissue or your arm.

- Keep it clean:
  - Throw tissues into the garbage immediately after use.
  - Wash your hands often with soap and water for 20 seconds, especially after you cough or sneeze.
  - Use alcohol-based hand sanitizer if you are unable to wash your hands.
  - Frequently clean surfaces you touch, such as doorknobs, light switches, faucet handles, phones and remote controls.
  - Wash towels, sheets and clothes at the warmest possible setting with your usual detergent, and dry completely.
  - Do not share food or utensils with others, and wash them after every use.

When Can I Leave My Home After Being Sick?

If you have been sick, stay home until all the following are true:

- It has been at least 10 days since your symptoms started
- You are fever-free for the prior 24 hours without taking fever-reducing medication
- Your overall illness has improved

If you tested positive for COVID-19 by a swab or saliva diagnostic test but have never had symptoms, stay home for 10 days from the date you were tested.

Get vaccinated! Vaccination is the best way to protect you and your family from severe COVID-19 illness, hospitalization and death. You can get vaccinated even if you previously had COVID-19 to help prevent you from getting it again. To learn more about vaccination, visit nyc.gov/covidvaccine.

The NYC Health Department may change recommendations as the situation evolves. 6.4.21