# 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.
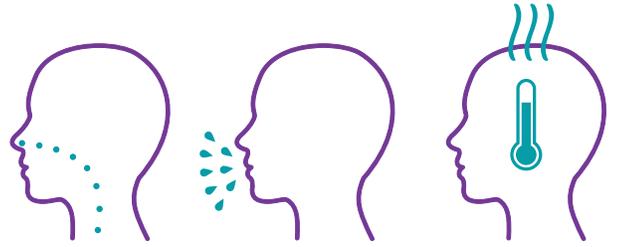
Who Is Most At Risk for Serious Illness from COVID-19?

- Among adults, the risk of serious illness increases with age, with older adults at the highest risk.
- People of any age that have underlying health conditions, such as:
  - Cancer
  - Chronic kidney disease
  - COPD (chronic obstructive pulmonary disease)
  - Weakened immune system from organ transplant
  - Obesity
  - Serious heart conditions
  - Sickle cell disease
  - Type 2 diabetes
- If you have an underlying health condition that increases your risk of severe COVID-19 or are 65 or older, consider staying home as much as possible to protect yourself.

What Should I Do if I Have COVID-19 Symptoms?

- **Stay home!** Do not leave home except to get COVID-19 testing and other essential medical care or to get basic needs such as groceries, if someone can't get them for you. Do not go to work, even if you are an essential worker.

- **Consult with your health care provider!** Use telephone or telemedicine when possible.

- **Get tested!** If your provider doesn't 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 your home:**
  - Avoid crowded places.
  - Stay at least 6 feet from others.
  - Wear a face covering.
  - Wash your hands before you go out and use alcohol-based hand sanitizer while outside.

If you have COVID-19 or symptoms of 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 serious 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, especially when you are within 6 feet of others.
  - 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:

- 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 have improved

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

NEED HELP?

If you do not have a doctor but need one, **call 844-NYC-4NYC** (844-692-4692). New York City provides care, regardless of immigration status or ability to pay.

For more information about COVID-19, **call 311** or **visit nyc.gov/coronavirus**.

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