This document provides guidance on how often New Yorkers should get tested for COVID-19. For more information about testing, talk to your health care provider. To find a testing site near you, visit nyc.gov/covidtest or text “COVID TEST” to 855-48. Many sites offer testing at no cost to you.

**When to get tested if you have been vaccinated**

If you have symptoms of COVID-19, you should get tested. If you do not have symptoms, then testing is not necessary, unless required for work, school, travel or another reason.

**When to get tested if you have not been vaccinated**

- **Immediately** if you have symptoms of COVID-19.
- **Three to five days** after having close contact (being within 6 feet for at least 10 minutes over a 24-hour period) with someone while they had COVID-19, returning from travel or attending a large indoor gathering. If you are a close contact, you must quarantine for 10 days after your last exposure, regardless of your test result.
- **Before you go** to a wedding or other large event, or visit someone who is not vaccinated and at increased risk of severe COVID-19. Cancel your plans if you test positive, have symptoms of COVID-19 or had recent close contact with someone while they had COVID-19.
- **Periodically**, such as monthly, if you have frequent in-person interactions with others at work or socially — especially if you are in close contact with people without face coverings in indoor settings.

**Testing exception: If you had COVID-19 (positive diagnostic test result) within the past three months and recovered**

In general, if you recently had and recovered from COVID-19, you should not get retested for COVID-19 during the three months after your symptoms began or, if you had no symptoms, from the date you were tested. This is because you may continue to test positive for COVID-19, even though you are no longer contagious. If you develop new symptoms, talk to your provider.