NYC COVID-19 Testing Recommendations

Get tested! All New Yorkers should get tested for COVID-19.

To prevent the spread of COVID-19, New Yorkers should get tested periodically, regardless of whether they have symptoms. This document serves as a guide for how often New Yorkers should get tested. For more information about testing, talk to your health care provider.

Health care workers, other essential workers, and workers who have in-person contact with people as part of their jobs should get tested once per month (see Page 2).

To find a testing site near you, visit nyc.gov/covidtest or text "COVID TEST" to 855-48. Many sites are free, including all sites operated by NYC Health + Hospitals and the NYC Department of Health and Mental Hygiene.

When to get tested

Immediately:

- If you have symptoms of COVID-19, such as 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.
- If you had close contact with someone who has COVID-19.
  - If you are a close contact to someone with COVID-19 (you were within 6 feet for at least 10 minutes over a 24-hour period), you must quarantine for 10 days after your last exposure, regardless of your test result, and monitor yourself for any symptoms during this time and for four days after.
- After returning to NYC from travel to another state or country.
  - You must quarantine for 10 days (or less if you meet New York State travel quarantine testing requirements).
  - For more information about New York State travel quarantine requirements, see nyc.gov/health/covidtravel.
- After attending a large indoor gathering.

Before you go:

- If you plan to visit someone who may be at increased risk of severe COVID-19.
  - If you test positive or have symptoms of COVID-19 or recent close contact with someone who has COVID-19, cancel your plans.

Periodically:

- If you work outside the home or if you work or live in a congregate setting (see tables).

Get tested once a month or as recommended by your health care provider or employer			
Health care workers and first responders	**Essential workers with frequent direct contact with the public**	**People living or working in group residential settings**	**All other New York City workers**
• Health care workers and support staff • Dentists and support staff • Nutritionists and dietitians • Occupational and physical therapists • Speech therapists • Optometrists • Paramedics and EMTs • Psychologists and psychiatrists • Police officers	• Veterinary staff • Child care staff • Delivery workers • Food service workers • Funeral home workers • Security workers • Social workers • Teachers, educators and in-school support staff	• Long-term care facilities (New York State requires nursing home and adult care facility staff be tested weekly) • Other residential group settings	• If working outside the home and interacting in person with others (coworkers, clients, customers or visitors to the workplace)

| Testing exception: If you had COVID-19 (positive diagnostic test result) within the past 90 days |
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| • In general, you should not get retested for COVID-19 during the 90 days after your symptoms began or, if you did not have symptoms, from the date you were tested. This is because a person who has recovered from COVID-19 may have a positive test result even though they are no longer contagious.
• If you have recovered from COVID-19 and have new symptoms of COVID-19, consult with a health care provider, especially if you had close contact with someone who currently has COVID-19. |

See COVID-19 Testing: Frequently Asked Questions for more information about the types of COVID-19 tests and meaning of test results.

If you need help finding a health care provider, call 844-NYC-4NYC (844-692-4692) or **311**.

Remember the four key actions to prevent COVID-19 transmission:

Stay home if you are sick: Stay home if you are not feeling well, tested positive for COVID-19, have been in close contact with someone who has COVID-19 or have recently traveled.
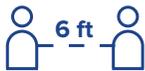
Physical distancing: Stay at least 6 feet away from others.

Wear a face covering: Protect yourself and those around you. You can be contagious without symptoms and spread the disease when you cough, sneeze, talk, sing or breathe. Face coverings reduce the spread of COVID-19.

Practice healthy hand hygiene: Wash your hands often with soap and water or use an alcohol-based hand sanitizer if soap and water are not available; clean frequently touched surfaces regularly; avoid touching your face with unwashed hands; and cover your cough or sneeze with your arm, not your hands.