

# What to do if you have COVID-19 symptoms



This decision tree is for the general public and non-health care settings, such as schools and child cares.



<sup>1</sup> If the person is under the age of two and ONLY has this symptom, testing and isolation are not required. If the child's symptoms worsen or persist beyond 5 days, contact a health care provider.

<sup>2</sup> Exposed to COVID-19: someone who was within 6 feet of a COVID-19 case for more than 15 minutes within a 24-hour period during the case's contagious period. The definition of a close contact may vary in some situations.

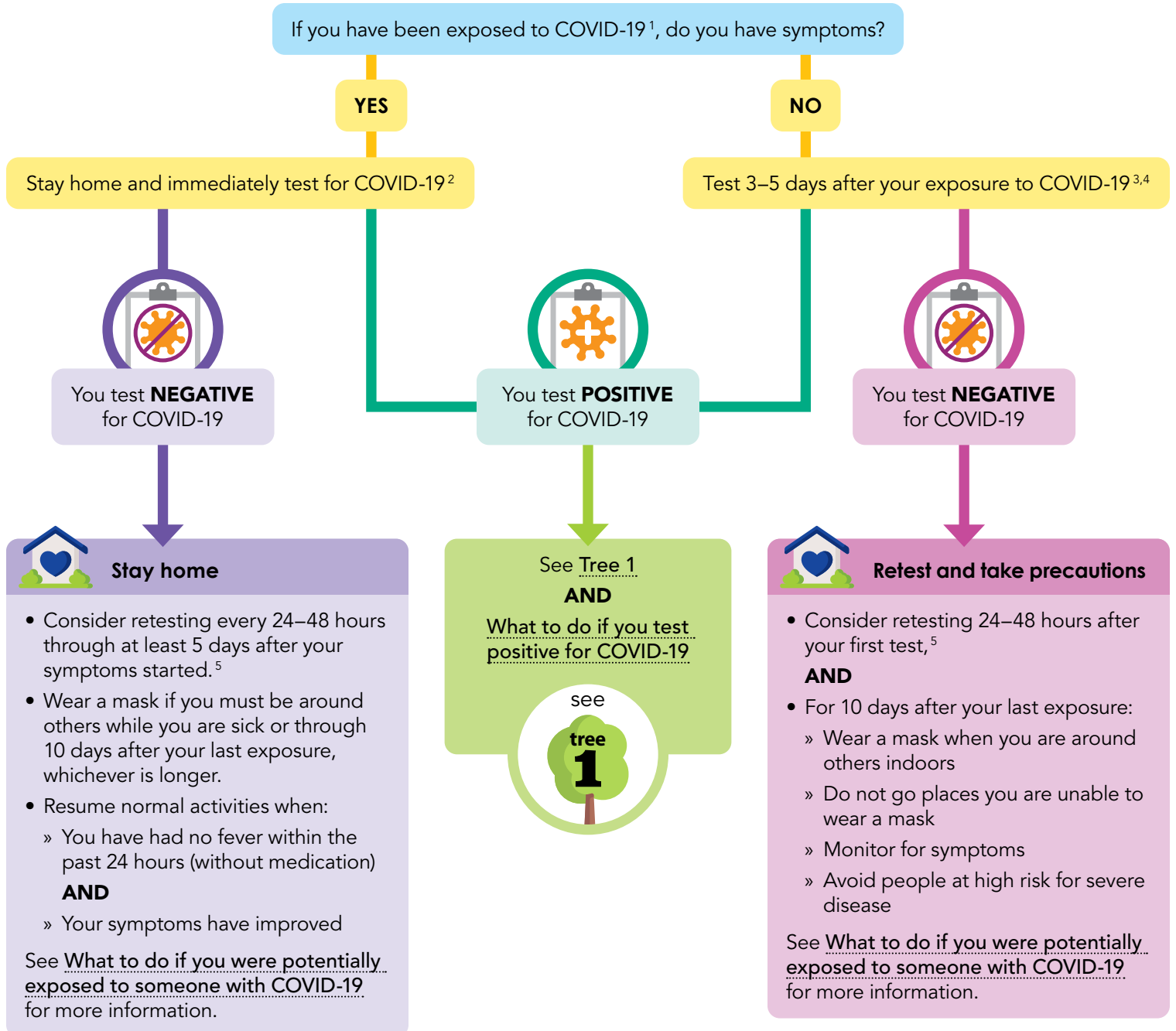
<sup>3</sup> If you cannot wear a well-fitting mask, you should complete a full 10-day isolation at home.

<sup>4</sup> See [Self-Testing Guidance for the Public](#) for additional information about using repeat testing if you test negative. If you tested negative with a molecular laboratory test (e.g., PCR), you do not need to repeat testing.

# What to do if you have been exposed to COVID-19



This decision tree is for the general public and non-health care settings, such as schools and child cares.



<sup>1</sup> Exposed to COVID-19: someone who was within 6 feet of a COVID-19 case for more than 15 minutes within a 24-hour period during the case's contagious period. The definition of a close contact may vary in some situations.

<sup>2</sup> If you tested positive in the past 90 days and have symptoms of COVID-19, use an antigen test (not a PCR test).

<sup>3</sup> If you have tested positive in the past 30 days and recovered and do not have symptoms, testing again for COVID-19 is not recommended. You should, however, wear a well-fitting and high-quality mask around others, not go places you cannot wear a mask, monitor for symptoms, and avoid people at high risk for severe disease for 10 days after your last exposure.

<sup>4</sup> If you tested positive in the past 30–90 days, use an antigen test (not a PCR test).

<sup>5</sup> See [Self-Testing Guidance for the Public](#) for additional information about using repeat testing if you test negative. If you tested negative with a molecular laboratory test (e.g., PCR), you do not need to repeat testing.