

COVID-19: Health Actions to Protect You and Your Family

This chart helps people determine actions to take based on their health status and symptoms. People with mild illness do not necessarily need to be tested for COVID-19. Contact your health care provider for more information based on your personal health history.

My Health Status	Actions to Take
I am not sick and have no symptoms of fever, cough or difficulty breathing	Monitor your health. Wash hands often, practice social distancing, and avoid sick people.
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I have underlying health issues OR I am not sick but am an older adult (ages 60-65 and older)	Monitor your health. Look for symptoms of fever, cough or difficulty breathing. Wash hands often, practice social distancing, and avoid sick people and crowds.
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I was a casual contact* of a confirmed COVID-19 case	Monitor your health. Look for symptoms of fever, cough or difficulty breathing. If symptoms are mild, you can most likely recover at home. Wash hands often, practice social distancing, and avoid sick people.
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I am a household/close contact* of a confirmed COVID-19 case	Monitor your health. Stay home for 14 days after last exposure to the confirmed case. Look for symptoms of fever, cough or shortness of breath. If symptoms are mild, you can most likely recover at home. If symptoms begin to worsen and you need a medical evaluation, call a health care provider. Wash hands often and do not go to work/school/public places.
I am mildly** sick with symptoms of fever, cough, or difficulty breathing OR I am an older adult and/or have underlying health conditions and am mildly sick with symptoms	Monitor your health. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms, such as cough and shortness of breath have improved AND at least 7 days have passed since your symptoms first appeared. More than likely, you can recover at home. If symptoms worsen/do not improve and you feel that you need a medical evaluation, call a health care provider. Wash hands often and do not go to work/school/public places.
I am moderately** sick with symptoms of fever, cough, or difficulty breathing (i.e., my symptoms are getting worse/are not improving)	Monitor your health. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms, such as cough and shortness of breath have improved AND at least 7 days have passed since your symptoms first appeared. Call a health care provider and let them know your symptoms are not improving and you need a medical evaluation. The provider may recommend COVID-19 testing. Stay home unless need to go to a medical facility. If you go to a medical facility, wear a face mask. Wash hands often and do not go to work/school/public places.
<p>*Casual contacts are defined as being in the same indoor environment (e.g., classroom or waiting room) with a symptomatic confirmed COVID-19 case. Household contacts are individuals who live in the same house as the confirmed COVID-19 case. Close contacts are individuals who were within 6 feet of a confirmed COVID-19 case for a prolonged period of time (approximately 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.</p> <p>** Mild illness = not feeling well but can stay home. Moderate illness = may need medical evaluation.</p>	