1. Stay home and call your doctor, if needed.

Most people who get COVID-19 will recover without needing medical care. The Centers for Disease Control and Prevention (CDC) recommends that you stay home if you have mild symptoms – such as fever and cough without shortness of breath or difficulty breathing. You can call your doctor to see if you need medical care.

Some people are at higher risk of getting very sick with COVID-19. People at higher risk should call their doctor if they develop symptoms of fever or cough. You are at higher risk if you:

- Are 65 years and older
- Live in a nursing home or long-term care facility
- Are pregnant
- Are a smoker
- Have a high-risk condition that includes:
  - Cancer
  - Chronic Kidney Disease
  - Chronic lung disease
  - Heart disease with complications
  - Compromised immune system
  - Obesity — body mass index (BMI) of 30 or higher
  - Sickle Cell Disease
  - Type 2 diabetes
- Are unvaccinated

Call your doctor or 911 right away if you have:

- Trouble breathing
- Chest pain or pressure
- New confusion
- Blueish lips or face
- Inability to wake or stay awake

Anyone with symptoms, or thinks they have been exposed to COVID-19 should get tested.

There are two kinds of tests available for COVID-19: viral tests and antibody tests. A viral (or diagnostic) test tells someone if they currently have COVID-19. An antibody test tells someone if they had the virus before.

If you have recently tested positive for COVID-19 and have had symptoms for 10 days or less, talk to your health care provider to see if monoclonal antibody therapy is an option for you or find a treatment center near you. Some people may qualify for preventative treatment before showing symptoms. If you have been exposed to COVID-19, talk to your health care provider for more.

2. Isolate yourself.

If you are sick with COVID-19 or believe you might have it, you should stay home and separate yourself from other people in the home as much as possible. Learn more about treatments for COVID-19.

When can I go back to my normal activities?

You can stop isolating yourself when you answer YES to ALL three questions:

- 1. Has it been at least 10 days since you first had symptoms?
- 2. Have you been without fever for one day (24 hours) without any medicine for fever?
- 3. Are your other symptoms improved?

Call your doctor if your symptoms are getting worse or you have any concerns about your health.

What if I'm not sure if I have COVID-19?

If you have fever and cough and other symptoms of respiratory illness, even if it is not from COVID-19, you should isolate yourself as if you have COVID-19. This will reduce the risk of making the people around you sick.

What should my family members do?

Those who are not fully vaccinated and have been exposed to COVID-19 should quarantine at home and avoid contact with other members of the household for 14 days past their last known exposure to COVID-19. They should get tested immediately if experiencing symptoms of COVID-19. If they do not have symptoms, they should wait at least six days after their last known exposure to COVID-19 before they get tested.

Family members who are healthcare workers, first responders, or others who are needed to respond to the COVID-19 pandemic should review CDC guidance and check with their employers about when to return to work.


- Visit covid19.ncdhhs.gov for information from the NC Department of Health and Human Services or call 1-888-675-4567.
- Text COVIDNC to 898-211 to get text updates.
- Find out more information on what to do if you are sick at cdc.gov/coronavirus.