I have symptoms, what should I do?

COVID-19 is a respiratory disease, and the most common symptoms are fever, cough and shortness of breath. These can show up anywhere from 2 to 14 days after being exposed. There is no treatment or cure for COVID-19. For most people, the illness is generally mild and can be safely managed at home. Testing is only recommended for individuals who are at higher risk of serious illness, like people over 60 or with underlying medical conditions. Everyone, regardless of symptoms, should practice social distancing and good hand hygiene.

Are you having symptoms - fever, cough, difficulty breathing, muscle aches, runny nose, sore throat, and headache?

- Yes
  - Are your symptoms severe?
    - Yes
      - Call your doctor.
    - No
      - Testing is not needed. If you have been in close contact with someone who has COVID-19, stay home and monitor for symptoms for 14 days.
      - No, mild
        - Call your doctor to determine if testing is needed.
- No
  - Are you over 60 or do you have underlying medical conditions like diabetes, cancer or heart disease?
    - Yes
      - Call your local community health center, find one at findahealthcenter.hrsa.gov, or call IDPH's helpline at 800-889-3931.
    - No
      - Stay home for at least 7 days, and for 3 days with no fever and improvement of respiratory symptoms—whichever is longer. Your fever should be gone for 3 days without using fever-reducing medicine.

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*For example, if you have a fever and coughing for 4 days, you need to stay home 3 more days with no fever for a total of 7 days. Or, if you have a fever and coughing for 5 days, you need to stay home 3 more days with no fever for a total of 8 days. Adapted from Chicago Department of Public Health.