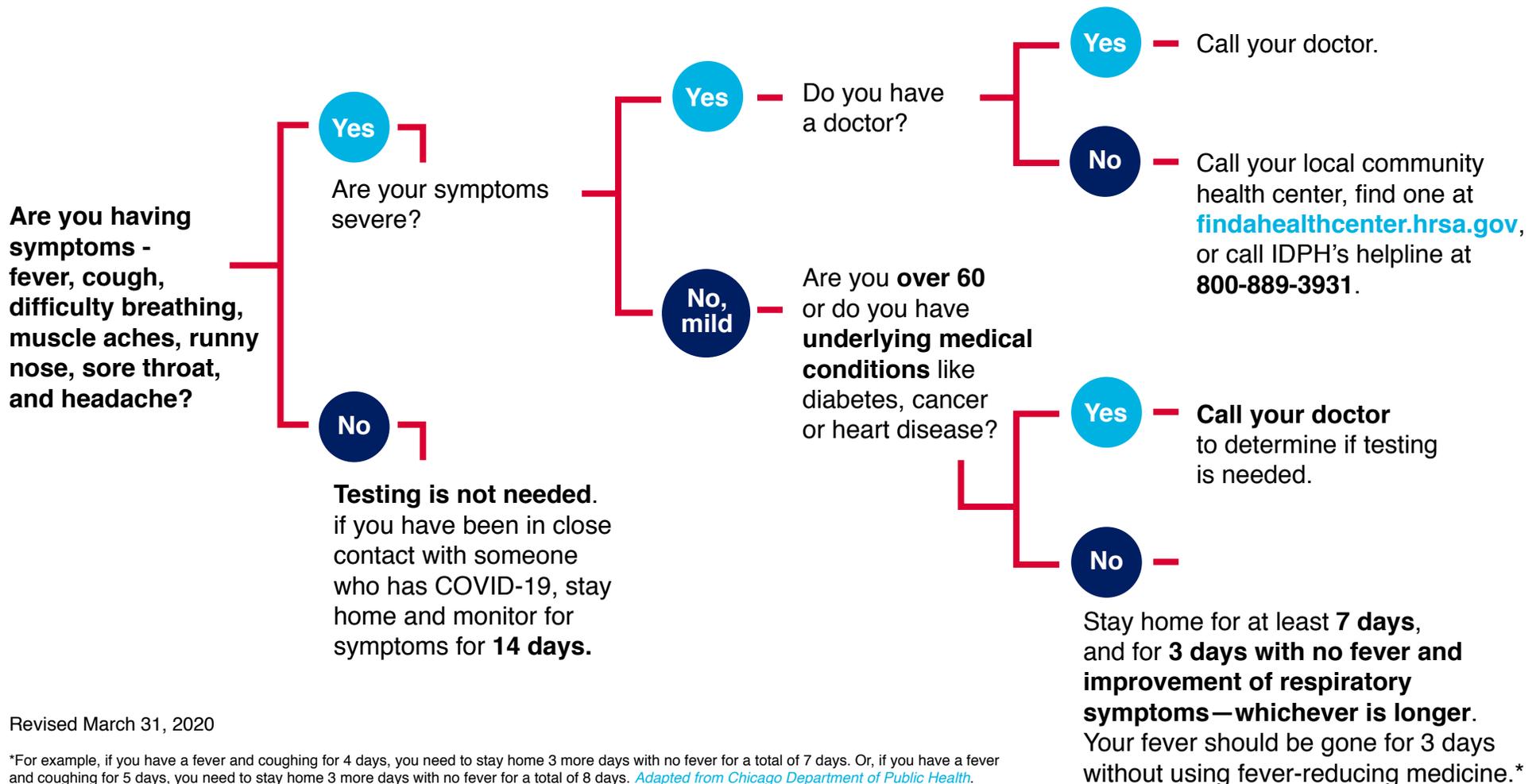


I have symptoms, what should I do?



Collaboratory for Health Justice

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.



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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.*