

What is My COVID-19 Risk Level? For the Public

This chart helps people determine actions to take based on their health status and exposure. 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	Risk Level
I am not sick and have no symptoms of fever, cough or difficulty breathing	Wash hands frequently, practice social distancing and stay away from sick people.	Low
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I have underlying health issues OR I am an older adult (ages 60-65 and older)	Wash hands frequently, practice social distancing and stay away from sick people and avoid crowds. If you begin to experience symptoms such as fever, cough or difficulty breathing, contact a health care provider.	Low
I am not sick and have no symptoms of fever, cough or difficulty breathing, but I was a close contact of a confirmed COVID-19 case	Stay home for 14 days and self-monitor yourself for symptoms of fever, cough or difficulty breathing. If symptoms appear, contact your health care provider.	Low
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	Stay home for 14 days and self-monitor yourself for symptoms of fever, cough or shortness for 14 days. If symptoms appear, contact a health care provider. Wash hands frequently and do not go to work, school, or public gatherings while self-isolating.	Low
I am sick with symptoms of fever, cough or difficulty breathing	Stay home for at least 7 days after your fever is gone and your symptoms have significantly improved; self-isolate yourself and take your temperature 2 times/day. Contact your health care provider if your symptoms get worse. Depending on your health history and symptoms, your health care provider may recommend COVID-19 testing. Wash hands frequently, do not go to work, school or public gatherings while self-isolating. If you go to a medical facility, wear a face mask.	Medium
I live with a person who is a confirmed COVID-19 case and I am currently experiencing symptoms OR I am experiencing symptoms and have a travel history from an area with high rates of COVID-19 cases	Self-isolate at home. Stay in a separate bedroom and use a separate bathroom (if possible). Contact your local health department with your temperature 2 times/day. Contact your health care provider if your symptoms get worse. Depending on your health history and symptoms, your health care provider may recommend COVID-19 testing. Wash hands frequently, do not go to work, school or public gatherings while self-isolating. If you go to a medical facility, wear a face mask. Travel only to go to a medical facility.	High
NOTE: Household contacts are individuals who live in the same home 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 does NOT qualify as being a close contact.		