Symptoms and Risk
Coronavirus
Self-Checker

If you're experiencing cold or flu-like symptoms, you may feel like you need to get tested for COVID-19, or coronavirus, to ease your mind. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms or combinations of symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

In some instances, people infected with COVID-19 have no symptoms or symptoms are so mild they don't feel sick. That's why it's so important for all of us to stay home as much as possible, avoid gatherings of 10 or more, and practice social distancing to help slow the spread of the virus.

For most of us with mild symptoms, getting tested won't change our treatment. Whether you have another flu-like virus or COVID-19, the vast majority of people do very well recovering at home and symptoms can be treated with over-the counter medicines. You can check your symptoms using the CDC Coronavirus Self-Checker tool. Adults over age 65 and people of any age with underlying health conditions such as heart disease, diabetes, and lung disease are at higher risk of serious illness due to COVID-19.

It's important EVERYONE take prevention steps to help stop the spread:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.