

Let your contacts know.



If you test positive, notify people you've been in close contact with and tell them to get tested.

How long are you contagious?

2-3 days

5+ days



Notify anybody you have been in close contact with during this time and tell them to quarantine and get tested at least five days afterward.

You can spread COVID-19 starting **2-3 days before** you have symptoms or test positive. You are most contagious a few days before and after your symptoms begin. If you test positive, you are contagious, **even if you never have symptoms**, until:



At least five days after symptoms started or positive test occurred



No fever for at least one day



All other symptoms are improving

Prefer to remain anonymous?

Notify your close contacts at tellyourcontacts.org.



**YOU
STOP
THE
SPREAD**