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.