Let your contacts know.

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

Prefer to remain anonymous?
Notify your close contacts at tellyourcontacts.org.

How long are you contagious?

![Chart showing contagious period with icons](chart.png)

You can spread COVID-19 starting **2 days** before you have symptoms or test positive. If you test positive, you are contagious, even if you never have symptoms, until:

- At least 10 days after symptoms started or positive test occurred
- No fever for at least 1 day
- All other symptoms are improving

Prefer to remain anonymous?
Notify your close contacts at tellyourcontacts.org.