

# What to Do If You Are Sick

[Symptoms of COVID-19](#) may show up 2 -14 days after exposure. The steps you should take if you think you are sick with COVID-19 depend on whether you have a higher risk of developing severe illness.

## High-Risk Individuals:



People 65 years or older, and/or people with medical issues, like heart disease, diabetes, high blood pressure, cancer, or a weakened immune system, are at a higher risk for getting very sick from COVID-19.

- If you are a high-risk individual and you develop fever or symptoms, call your doctor.
- If you are not sick enough to be hospitalized, you can recover at home. Follow your doctor's instructions and refer to [CDC recommendations for how to take care of yourself at home](#).

## General Population:

- If you are in generally good health and have mild symptoms, stay home and take care of yourself like you would for a cold or the flu.
- If symptoms worsen, call your doctor.

For more information on how to take care of yourself at home if you are sick, see the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>