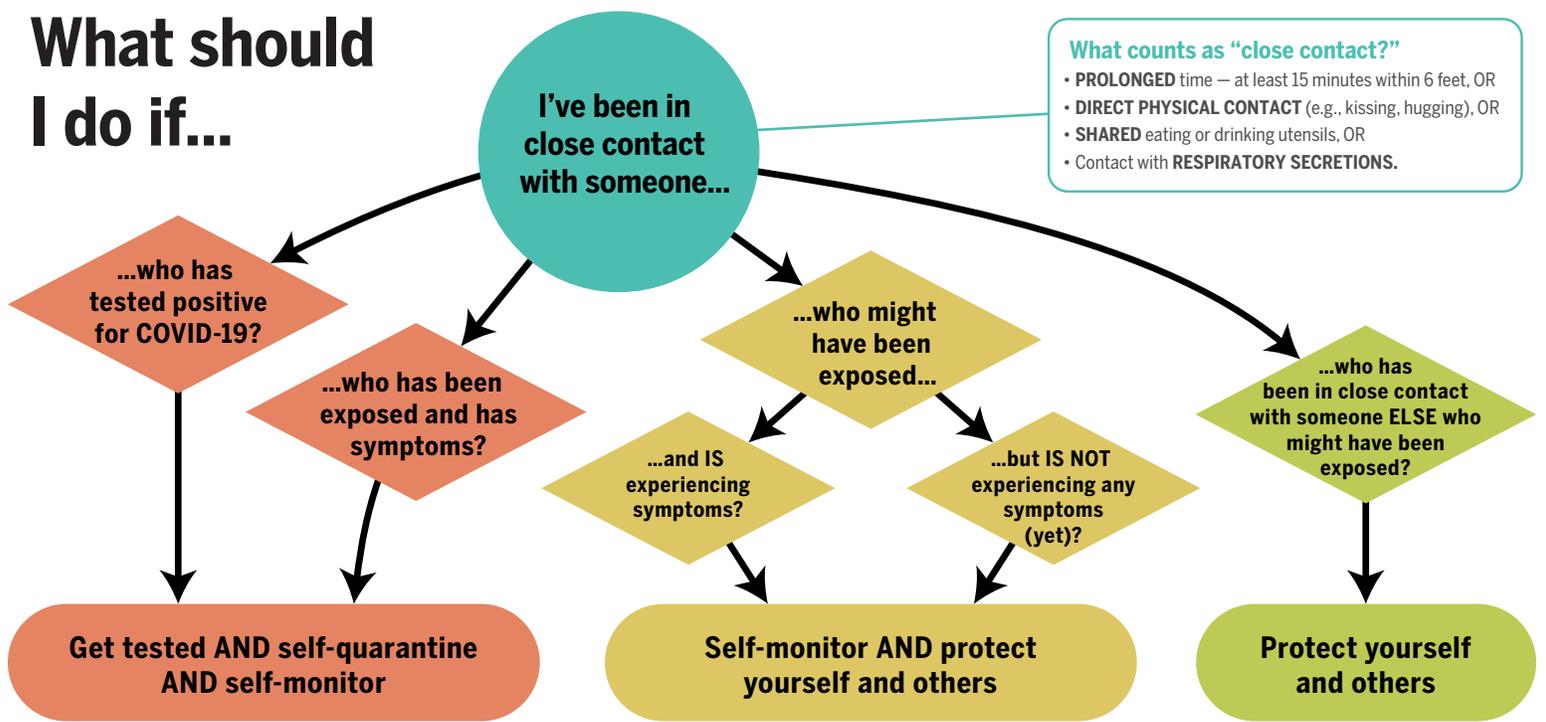


# What should I do if...



## How do I...

### ...get tested?

- **TIME IT RIGHT.** Get tested 5–7 days after possible exposure or as soon as you have symptoms.
- **GET THE RIGHT TEST.** A PCR test (not a rapid antigen test) will be the most accurate.
- **UNDERSTAND YOUR RESULTS.** The test is just a snapshot in time. A negative result during the virus's possible incubation period isn't definitive evidence that you are not infected.

### ...self-monitor?

- **BE ALERT** for symptoms, especially changes in your sense of smell or taste, cough, fever, or shortness of breath.
- **TAKE YOUR TEMPERATURE** every morning and night, and write it down.
- **GET TESTED** if you have any symptoms of COVID-19.
- **DON'T** seek medical treatment without calling first!

### ...self-quarantine?

- **STAY HOME for 14 days** (or another specified period of time as directed by your local public health authorities).
- **AVOID CONTACT** with other people.
- **DON'T SHARE** household items.

### ...protect myself and others?

- **STAY HOME** as much as possible.
- **PHYSICALLY DISTANCE** yourself from other people — try to stay at least 6 feet away.
- **WEAR A MASK** in public or when you can't maintain physical distance between yourself and others.
- **AVOID CROWDS** of people.
- **AVOID CLOSED SPACES.** Outdoor activities are safest, but if you're going to be inside, aim for a relatively large, well-ventilated space. And don't stay long!
- **DON'T TOUCH** your face.
- **WASH YOUR HANDS** frequently.
- **DISINFECT** frequently touched surfaces regularly.

Learn more at [medical.mit.edu/WhatNow](https://medical.mit.edu/WhatNow)

## What if I have symptoms?

If you're a member of the MIT community and are experiencing symptoms of COVID-19, call MIT Medical's **COVID-19 hotline: 617-253-4865**. If you are a Covid Pass user, report your symptoms through your Covid Pass attestation.