People without symptoms should not be tested for COVID-19. Testing individuals with no symptoms is not recommended by CDC.

If you were with someone who does not have symptoms, the risk of transmission is very low.

There are many respiratory illnesses circulating in Connecticut, such as the flu and the common cold. Having respiratory symptoms does not mean that you have COVID-19.

People are at higher risk for COVID-19 if they have symptoms of the virus (cough, fever, shortness of breath) AND if they were in contact with a positive case of COVID-19 (or have traveled to country with community transmission, such as China, Italy, South Korea, Iran, and Japan).

Someone is considered a contact if they have had direct, face-to-face contact with a person with COVID-19.

People who think they have COVID-19 should call their healthcare provider. These people should not go directly to a healthcare facility without first calling a healthcare provider (unless they are experiencing a medical emergency).

If you haven’t already, get your flu shot and make sure the people around you do the same.

Wash your hands thoroughly and often throughout the day. Use warm water and soap. If soap and water are not available, use an alcohol-based hand gel.

Cough or sneeze into your elbow. Viruses can spread by coughing or sneezing on other people or into your hands.

Stay home from work or school if you are sick.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

Keep surfaces (especially bedside tables, surfaces in the bathroom, and toys for children) clean by wiping them down with a household disinfectant.

For the most up-to-date information from the State of Connecticut, as well as guidance and other resources, visit [ct.gov/coronavirus](http://ct.gov/coronavirus).