What are the symptoms (signs) of COVID-19?

Cough, fever and trouble breathing are the most common symptoms of COVID-19.

Other symptoms can include new headaches, new muscle or body aches, new and unexplained fatigue (feeling very tired), chills, sore throat, congestion (stuffy or runny nose), diarrhea (loose poop), loss of taste or smell, belly pain, and nausea or vomiting (feeling sick to your stomach or throwing up).

How do I get tested?

If you have symptoms:
Please call your doctor. If you are an M Health Fairview patient, go to OnCare.org for an online visit with our care team. They will give you details and a phone number to call to be tested.

If you don't have symptoms:
Please go to mn.gov/covid or mhealthfairview.org/covid19 for more information.

We've all got to do our part.

– Stay home if you're sick.
– Wash your hands.
– Stay 6 feet away from others.
– Wear a mask.

Which test do I need?

Viral test (PCR or diagnostic)
The test tells us if someone has the virus at the time of the test. The test uses a swab from your nose or throat. You may have a sore throat or sore nose for a short time after the test.

This is for people with symptoms of COVID-19. It's also for people who were in contact with someone who has the virus.

If your test result is positive, it means you have the virus. To keep the virus from spreading, you'll need to stay away from others, wash your hands, and wear a mask. Follow your doctor's orders.

If your test result is negative, it means we didn't find the virus, but you might still have it. If you are sick, stay away from others, wash your hands, and wear a mask. If you start having symptoms, call your doctor. You may need another test.

Antibody (serology) test
This is a blood test. It may show if you've had the virus in the past.

If you think you were with someone with COVID, at least 10 days must pass since you were near them before having this test. Check with your doctor.

If your test is positive, it suggests you've had the virus in the past. We don't know yet if this will protect you from getting COVID-19 again. Scientists are still learning about this.