

# HOW LONG AM I CONTAGIOUS?



## VIRUSES

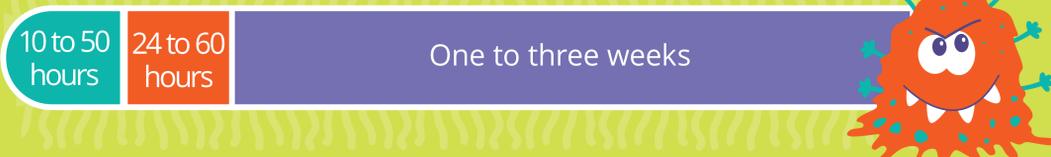
Viruses are a type of microorganism that invades the cells of your body. Unlike bacteria, they cannot survive without a host. So while both viral and bacterial infections have similar symptoms, they are very different in terms of transmission and treatment. Some viruses can continue to live in their host. Each virus should be looked at on an individual basis.

 Time you are contagious before symptoms start

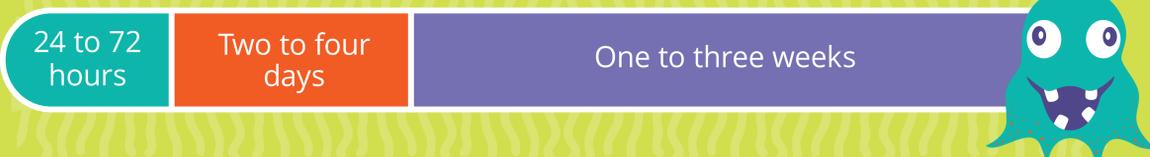
 Time you are contagious after symptoms start

 Time it takes before you are not contagious

### NOROVIRUS (Stomach flu, more common in adults)



### ROTAVIRUS (Stomach flu, more common in children)



### INFLUENZA (Flu)



### RHINOVIRUS (Common cold)



### SARS-COV-2 (COVID-19)

- If infected, you are most likely to develop symptoms on day 4 or 5 after exposure to COVID-19. Some people have been known to develop symptoms as late as 14 days after exposure.
- If you are exposed, contact your physician. Remain in self-quarantine for 14 days and monitor for symptoms. Follow your physician's instructions closely.
- If you develop symptoms that are not severe, you can likely self-isolate at home in accordance with your physician's recommendations. Continue to self-isolate for at least 10 days, with a minimum of 72 hours without a fever before discontinuing isolation.
- Contact your physician if you develop more serious symptoms, such as difficulty breathing or confusion. **If you believe your symptoms are life-threatening, go to the nearest emergency department or call 911.**
- Learn more at [nm.org/covid-19](https://www.nm.org/covid-19).

**CONSULT YOUR PHYSICIAN IF YOUR SYMPTOMS PERSIST.**

#### Sources:

<https://www.cdc.gov/groupastrep/diseases-public/strep-throat.html>  
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