In accordance with New York City Department of Health and Mental Hygiene guidelines, all health care providers, including the Mount Sinai Health System, will not offer COVID-19 tests for patients who have no or mild symptoms.

**Testing will not change how we treat your illness.**

Whether you have COVID-19 or another seasonal illness like the flu, we advise the following:

- **Stay home** and only leave if you need medical attention
- **Isolate yourself** from others in your household by staying in a separate bedroom
- **Use a separate bathroom** if available; otherwise, disinfect the bathroom after using
- **Everyone should wash their hands frequently** with soap and water or alcohol-based hand sanitizer
- **Dispose of used tissue** properly in lined trash cans

If you wish to consult a doctor about your symptoms, please use our virtual service, **Mount Sinai NOW** as a first step.

You can chat with a doctor on your smartphone or personal computer, using a video call, online visit, or **Text-to-Chat**. Just text **4-SINA1** from any mobile device, it will help us make sure you receive the appropriate care.