

If you are here for COVID-19 testing and have mild symptoms or no symptoms at all, **please read this.**

NO Testing For Mild Symptoms

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-SINAI** from any mobile device, it will help us make sure you receive the appropriate care.

