

Q: I've recovered from COVID-19. Now what?

A: Even if you have recovered from COVID-19, you may still be at risk for re-infection. We do not yet know whether people who have recovered are immune to future infection.

Q: What if I have tested positive for COVID-19 antibodies?

A: Most people who recover from COVID-19 do test positive for antibodies. However, we don't have enough data yet to know whether or not those antibodies provide immunity. We also need more data on the reliability of antibody tests.

Q: So I can definitely get re-infected?

A: Again, we do not know for sure at this point. Here's what we do know:

- We know that viruses tend to mutate over time (think of the way the flu changes every year). Depending on how quickly this new virus mutates, your antibodies may not offer long-term immunity should the virus change too much.
- We know that immunity from the common cold (caused by other coronaviruses) is short-term, often less than a year.
- We know that we do not yet have enough data on COVID-19 because it is so new. We need more research to determine whether or not antibodies can protect people from re-infection, as well as how long any immunity might last.

Q: So what I should I do?

A: The safest thing for recovered patients to do is assume that they are *not* immune until there is scientific evidence to the contrary. Continue to practice COVID-19 prevention:

- Wear a cloth face mask when you leave your home
- Maintain social distancing (6 feet) with people outside your household
- Washing your hands with soap and water often