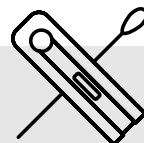## Q What should I know about testing and treatment for respiratory virus infections?

A If you have flu or COVID-19, antiviral medications may be an option to lessen your symptoms and shorten the time you're sick.

Testing for respiratory virus infections can help guide your next steps. You may choose to seek treatment to lower your risk of severe illness and take steps to prevent spreading the virus.

Testing:

At-home testing and in-person, community-based testing may be **available at low- to no-cost.**

Multiplex tests for COVID-19 and flu are **available in healthcare settings and for home use.** A multiplex test is a single test that can detect multiple viruses. This can help you get the right treatment faster.

Treatment:

Treatment and quick medical care can be especially important if you're at higher risk for severe illness, even if your symptoms are mild.

Antivirals are prescription-only medications that are specific to the virus they treat. Antivirals **work best if taken early,** ideally as soon as possible after symptom onset, and within:

2 **days** for flu

5-7 **days** for COVID-19

Talk to your doctor about testing and treatment plans in case you get sick.

CDC