



Can I get COVID-19 more than once? There is limited evidence that people can be infected more than once with COVID-19. At this time, reinfection by the same strain of the COVID-19 virus within 90 days of the first illness seems to be unlikely.

What research exists on COVID-19 reinfection? The studies below describe instances of re-infection with COVID-19.

- Kelvin Kai-Wang, et al. "COVID-19 re-infection by a phylogenetically distinct SARS-coronavirus-2 strain confirmed by whole genome sequencing." *Clinical Infectious Diseases* (2020).
- Tillett, Richard, et al. "Genomic Evidence for a Case of Reinfection with SARS-CoV-2." *Available at SSRN 3680955* (2020).
- Abu-Raddad, Laith J., et al. "Assessment of the risk of SARS-CoV-2 reinfection in an intense re-exposure setting." *medRxiv* (2020).

How can you tell if someone has been re-infected with COVID-19? In order to determine if someone is truly re-infected with COVID-19 (as opposed to continuing to test positive for COVID-19 from their first illness), it is necessary to do genomic testing on specimens collected during both periods of illness. This process is called "paired testing" and allows the two specimens to be compared to determine if they represent two different illnesses or a single illness. Currently, paired testing is not widely available and most laboratories in TN do not preserve specimens long enough for paired testing to be completed.

What should I do if I test positive for COVID-19 more than once?

If it has been less than 90 days between positive tests: We presume that your second positive lab test is a result of you continuing to test positive from your first infection, even though you are no longer infectious. If you're feeling ill, we recommend you consult your healthcare provider and stay home until you're feeling better for at least 24 hours.

If it has been more than 90 days between positive tests: Out of an abundance of caution, for those with viral laboratory evidence (PCR or antigen positive results) 90 or more days after a previous COVID-19 illness, or a clinically compatible illness and close contact with another COVID-19 case 90 or more days following their own illness, we recommend:

- The case should restart isolation according to TDH [isolation and quarantine guidelines](#).
- Contacts of cases should be identified, notified of their exposure, and quarantined according to TDH [isolation and quarantine guidelines](#).