

# Negative COVID-19 Test Results:

## What does it mean?

### Your COVID-19 test was **NEGATIVE**

**You most likely do not have COVID-19 at this time.**

You could have been exposed to COVID-19 at some point and not enough time has passed for the test to pick it up. *You may test positive at a later date.* Follow instructions from your doctor and your state and local health departments.

**If you are a close contact of someone with COVID-19** and you tested negative during your quarantine, **you still need to complete your full 14-day quarantine** before going back to work or being around others.

**Flip for more information on continuing to watch for symptoms.**

### How to protect yourself and others.

- **Wash your hands often** with soap and water for at least 20 seconds. Use hand sanitizer with 60% alcohol if you don't have soap and water.
- **Do not spend time with people who are sick.**
- If possible, **stay at least 6 feet from other people** when you leave your home
- Stay at home as much as possible and especially if you are sick.
- **Do not touch your eyes, nose and mouth** if you haven't washed your hands.
- **Clean all "high-touch" surfaces every day.** These surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- **Cover your mouth and nose with a tissue when you cough or sneeze** or use the inside of your elbow.
- **Wear a cloth face covering** in public settings, especially when it is difficult to practice physical distancing.



# Continue to Watch for Symptoms



Even if you test negative for **COVID-19**, continue to watch for symptoms, **such as:**

- Cough (new or worsening)
- Shortness of breath
- Fever
- Chills
- Sore throat
- Runny nose
- Muscle pain
- Headache
- New loss in sense of taste or smell

**Not everyone with COVID-19 has all of these symptoms.**

For many, symptoms are mild, with no fever. Some people may also experience fatigue or gastrointestinal symptoms such as nausea, vomiting, diarrhea, or abdominal pain.

**It is important to know that you can still spread (transmit) the virus to others even if you have mild or no symptoms.**

If you **DO** develop symptoms or your symptoms change, stay home and seek medical advice about the need to get tested again.



## What are your options if you do not have a primary care provider?

**If you have health insurance**, call your insurance company and they can connect you with a provider in your insurance network.

**If you do not have health insurance**, call 211 and they can connect you to a health care provider that serves people without health insurance coverage.

