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.

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.
- Stay at least 6 feet from others, even if you are feeling well.
- 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 when you are around others.

Flip for more information on continuing to watch for symptoms.
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 have a change in symptoms, 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.