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.

Wisconsin Department of Health Services | Division of Public Health | Bureau of Communicable Diseases
dhs.wisconsin.gov/covid-19 | dhsdphbcd@wi.gov

P-02715 (09/2020)

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.

Wisconsin Department of Health Services | Division of Public Health | Bureau of Communicable Diseases
dhs.wisconsin.gov/covid-19 | dhsdphbcd@wi.gov

P-02715 (09/2020)