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 were exposed to COVID-19, quarantine for 5 days.
Stay home and do not go to work or school. Monitor for symptoms of COVID-19 and get tested at least 5 days after you were exposed. Wear a well-fitting mask around others for 5 days after your quarantine period. If you develop symptoms or test positive, isolate away from other members of your household and tell your health care provider what your symptoms are.

You do not need to quarantine after you were exposed if:
• You tested positive for COVID-19 within the last 90 days with a viral test.
• You are up to date with your COVID-19 vaccines (including boosters and additional primary doses).

If you do not need to quarantine you should still get tested 5 days after exposure (unless you have tested positive for COVID-19 in the past 90 days). However, everyone should wear a well-fitting mask around others for 10 days after exposure. Visit www.dhs.wisconsin.gov/covid-19/close-contacts.htm to learn more.

How to protect yourself and others.
• Wear a well-fitting mask in public indoor settings, especially when it is difficult to practice physical distancing.
• 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 up to date on your COVID-19 vaccines.
• 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.
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, isolate and contact your health care provider or local health department about getting another test.

What are your options if you do not have a doctor?

- If you have health insurance, call your insurance company and they can connect you with a health care 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.