

# 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** a 14-day quarantine remains the safest option. Quarantine may be shortened to 10 days, provided people still monitor for symptoms for the full 14 days. Quarantine may be shortened further to 7 days if a person receives a negative test result (PCR or antigen) that was collected on day 6 or 7. If you have been fully vaccinated against COVID-19 you may not have to quarantine. Visit [www.dhs.wisconsin.gov/covid-19/close-contacts.htm](https://www.dhs.wisconsin.gov/covid-19/close-contacts.htm) to learn more.

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.

