



# WHAT DOES IT MEAN IF YOU TESTED NEGATIVE?

Now that we have nasopharyngeal swab testing for COVID 19, here is some general information to guide your decisions. For any specific questions regarding your health, please contact your physician.

If you tested negative for COVID-19, it means that you do not **currently** have COVID 19. However, there are reports of false negative tests so if your symptoms persist, please contact your physician for further guidance. A negative test **does not** tell us if you have had COVID-19 in the past. **A negative test means that you must continue to follow all CDC guidelines on social distancing and continue to protect yourself and those around you.**



## CLEAN YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose, and mouth.

## CONTINUE SOCIAL DISTANCING

Limiting face-to-face contact with others is the best way to reduce the spread. Stay at least 6 feet (about 2 arms' length) from other people. Do not gather in groups. And, stay out of crowded places and avoid mass gatherings.



## WEAR A FACEMASK

Wear a cloth face covering in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

