If you have tested negative (or “not detected”) for COVID-19, learn how to monitor your health and protect others:

**Have you been around anyone who has COVID-19?**
If you live with, care for, or have recently spent time around someone diagnosed with COVID-19:

**Quarantine Yourself**
- You should stay home for 14 days after your last contact with the person who was diagnosed with COVID-19.

**Monitor Your Health**
- If you are not sick, watch for new cough, difficulty breathing, loss of taste or smell, fever, chills, congestion/runny nose, nausea/vomiting, diarrhea, sore throat, headache, myalgia, or fatigue.
- If you develop any of these symptoms within 14 days of last contact with a person with COVID-19, you may have COVID-19. Follow the steps below.

**Are you sick?**
If you have a new cough, difficulty breathing, loss of taste or smell, fever, chills, congestion/runny nose, nausea/vomiting, diarrhea, sore throat, headache, myalgia, or fatigue:

**Isolate Yourself**
- You should strictly isolate yourself at home.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household members can consider staying in a separate location, if available, to decrease their risk of exposure.

**Monitor Your Health**
- Get plenty of rest and stay hydrated.
- If needed, take over-the-counter medication to reduce your fever or relieve your symptoms.
- If your symptoms get worse and you need to seek healthcare, call ahead and tell the provider your symptoms.

**If you are not sick and have not come into contact with anyone with COVID-19...**

**Protect Yourself and Others**
- Follow all the appropriate social distancing recommendations.
- Wear a mask if in public settings where other social distancing measures are difficult to maintain.
- Wash your hands often with soap and water for at least 20 seconds, or use alcohol-based hand rub if soap and water are not available.
- Clean and disinfect objects and surfaces regularly, including your phone.
- Cover your cough or sneeze into your elbow or a tissue.
- If you develop symptoms or have additional concerns about your health, contact your healthcare provider.