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:

**Take Precautions**
- Start wearing a mask as soon as you find out that you were exposed.
- Continue wearing a mask for **10 days** after your last exposure to someone with COVID-19.
- You may have tested too early. Take another test at least **5 full days** after your last exposure.

**Monitor Your Health**
- Watch for **fever, cough, sore throat, congestion, and shortness of breath** during the 10 days after the last day you were in close contact with the person with COVID-19. If you develop symptoms, stay home, you may have COVID-19.

**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**
- Check your county’s [COVID-19 Community Levels](https://www.tn.gov/health/cedep/) weekly.
- 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.


**Questions?** Contact the COVID-19 Case & Community Support Team via phone (615) 770-6940 or email COVID19.Info@tn.gov.