



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 after your last contact with the person with COVID-19:
  - Quarantine can end after Day 10 without testing if you do not have symptoms.
  - Quarantine can end after Day 7 if you do not have symptoms and if you test negative by PCR or antigen test after Day 5.
  - You should continue to monitor yourself for COVID symptoms through Day 14.
  - Mask wearing is especially important through Day 14, and should also continue beyond your quarantine period.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available.
- \*If you are considered an [essential worker](#), you may be allowed to work during your quarantine period while wearing a mask at all times.

#### **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.
- If your symptoms are mild, stay home and monitor your health. If you need medical assessment, call the health clinic or hospital before you arrive and tell the provider that you are a contact to a person who was diagnosed with 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**

- Follow all the appropriate social distancing recommendations.
- Wear a cloth face covering 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.

**Learn More:** Guidance may change as we learn more. Please check [www.tn.gov/health/cedep/ncov](http://www.tn.gov/health/cedep/ncov) or [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov) for the most up-to-date guidance about COVID-19.