

### III NJ Residents who Tested Negative for COVID-19: Instructions & Next Steps

Question	Instructions
<p><b>I tested negative for COVID-19. What should I do now?</b></p>	<p>If you tested negative for COVID-19, the recommendation is to stay home and practice social distancing until 72 hours after your fever has ended without the use of fever reducing medications and other symptoms improve. After this time, you may resume regular activities. It is recommended that everyone wears a face covering when in public spaces. This protects you from anyone who may not be sick (but might be asymptomatic) and able to spread the virus to others.</p>
<p><b>What if I tested negative but still feel sick?</b></p>	<p>If you test negative for COVID-19 but still have symptoms, it is likely you may have another respiratory virus. You should continue to self-isolate yourself from others, practice good hand hygiene and clean and disinfect surfaces in the home. If your symptoms worsen or don't get better after several days, you should call your health care provider.</p> <p>You should not return to work/school or go to public places until 72 hours after your fever has ended without the use of fever-reducing medications and other symptoms have improved. Wear a face covering if you are out in public.</p>
<p><b>What other actions should I take to protect my health?</b></p>	<p>As long as the virus that causes COVID-19 is spreading in your community, continue to practice social distancing, wash hands often and avoid touching your face, and clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks, phones). Wear a face covering when in public places. This protects you from anyone who may not be sick (but may be asymptomatic) and able to spread the virus to others.</p>

For general information about COVID-19, call 1-800-962-1253 or 211. Or go to [njcovid19.nj.gov](https://njcovid19.nj.gov) or [nj.gov/health](https://nj.gov/health)