

What to do after you test negative for COVID-19

July 2020



If you do not have a medical provider, call the confidential health department hotline for guidance:

919-635-8150



Find testing:
dcopublichealth.org/covidtesting
ncdhhs.gov/testingplace
tinyurl.com/DcoCOVIDdata



TESTED NEGATIVE

Were you exposed to someone with COVID-19?

YES

Stay home & monitor your symptoms for at least 14 days since the last day you were exposed, AND...

IF YOU FEEL SICK DURING THIS TIME

Continue to stay home, & call your doctor or the health department for guidance. You may need to get tested again soon.

IF YOU DON'T FEEL SICK DURING THIS TIME

You may leave quarantine after 14 days, but remember to wear a face covering & practice social distancing!

NO

Do you have symptoms?

YES

Stay home, & call your doctor or the health department for guidance. You may need to get tested again soon.

NO

You may return to your usual activities, but remember to wear a face covering & practice social distancing!



Public Health

What to do after you test positive for COVID-19

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Do you have symptoms?

YES

Stay home and away from others for at least 10 days, AND...

IF YOUR SYMPTOMS ARE IMPROVING

You may leave isolation after it has been 10 days since you started feeling sick AND 24 hours since your last fever with no fever-reducing medicine AND your symptoms are improving.

IF YOUR SYMPTOMS ARE NOT IMPROVING

Call your doctor if your symptoms are getting worse. Continue to stay home until it has been 10 days since you started feeling sick AND 24 hours since your last fever with no fever-reducing medicine AND your symptoms are improving.

NO

Stay home and away from others for at least 10 days, AND...

IF YOU DEVELOP SYMPTOMS

Continue to stay in isolation until it has been 10 days since you started feeling sick AND 24 hours since your last fever with no fever-reducing medicine AND your symptoms are improving

IF YOU DON'T DEVELOP SYMPTOMS

You may leave isolation after it has been 10 days since you tested positive, but remember to wear a face covering & practice social distancing!



Public Health

After you meet the criteria for leaving isolation, it is not necessary to be tested again before returning to work!