

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

Question	Instructions
I had symptoms and tested negative for COVID-19.	If you tested negative for COVID-19 but are currently experiencing symptoms, the recommendation is to stay home and practice social distancing until 24 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 cloth or disposable mask when in public spaces. This protects you from anyone who may not feel sick (but might be asymptomatic) and able to spread the virus to others. Wash hands and clean and disinfect high-touch surfaces often.
I have no symptoms and tested negative for COVID-19 but <u>live with someone</u> who is COVID-19 positive.	Even though you tested negative and have no symptoms, living with a person with COVID-19 means that you may be exposed to the virus. For this reason, it is recommended that you monitor yourself for symptoms. The person who lives with you should be isolated for 10 days from the time symptoms began AND 24 hours (or 1 full day) being fever-free without fever reducing medicine. You are recommended to quarantine* AFTER their isolation ends. This is because it may take 2-14 days for symptoms to develop.
I have no symptoms and tested negative for COVID-19 but was told I am a <u>close contact</u> of a person who is COVID-19 positive. Now what?	If you were identified as being a close contact of a COVID-19 person, it is recommended that you quarantine* from the last date of exposure with the person, even if you tested negative. This is because it may take 2-14 days for symptoms to develop. While you are quarantining*, monitor yourself for symptoms. Close contacts are individuals who were within 6 feet of a lab confirmed COVID-19 case for a prolonged period (15 minutes over a 24-hour period) and were within 6 feet or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a lab confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.
What if I tested negative but still feel sick?	If you test negative for COVID-19 but still have symptoms, it is likely you may have another respiratory virus. You should continue to 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. You should not return to work/school or go to public places until 24 hours (1 full day) after your fever has ended without the use of fever-reducing medications and other symptoms have improved.
What other actions should I take to protect my health?	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 cloth or disposable mask 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.

*CDC quarantine info: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>. For general info about COVID-19, call 1-800-962-1253 or 211 or njcovid19.nj.gov

NJ Residents with a Positive COVID-19 Test: Instructions & Next Steps

Question	Instructions
<p>I tested positive for COVID-19. What should I do now?</p>	<p>If you tested positive, you must stay at home and self-isolate. This means stay in a different bedroom from others in your home, and if possible, use a separate bathroom. You must self-isolate until 1 full day (or 24 hours) has passed since you had a fever without the use of fever-reducing medications AND other symptoms are greatly improved AND at least 10 days have passed since your symptoms started, or, if you had no symptoms, stay home 10 days after getting tested.</p> <p>If you live with other people and they were not tested, they should keep their distance from you. This includes not eating meals together and not sitting around the house together. Practice social distancing as much as is possible (stay at least 6 feet from each other). Wear a cloth or disposable mask when in public.</p>
<p>What should the people who live in my home know/do?</p>	<p>If they are symptomatic (sick; have COVID-19 symptoms), they should also isolate for 1 full day (or 24 hours) until they are fever-free without the use of fever-reducing medications AND other symptoms are greatly improved AND at least 10 days have passed since getting tested. If the symptoms are mild, they should recover at home. If the symptoms worsen and a medical evaluation is needed, call health care provider. Consider getting a viral COVID-19 test to see if you are currently infected.</p> <p>If they are asymptomatic (not sick; have no COVID-19 symptoms), they should quarantine* AFTER the sick person in the household's isolation period ends. If the asymptomatic person develops symptoms, they should follow the isolation instructions above. Symptoms may take 2-14 days to appear. It is important to monitor their health long enough to ensure they do not develop symptoms. Consider getting a viral COVID-19 test to see if you are currently infected.</p>
<p>What is the difference between mild and moderate symptoms?</p>	<p>Mild symptoms are when you feel unwell but can stay home and manage at home. Most people with mild symptoms can recover from home. See above for how long you should stay home/isolate. Moderate symptoms are those where you may need a medical evaluation from your health care provider. If your symptoms worsen over time and do not get better, especially if you have trouble breathing, call your health care provider to determine next steps.</p>
<p>Should I tell other people that they may have been exposed to the COVID-19 virus?</p>	<p>Those who have been closest to you for a prolonged period of time are going to be at highest risk. Household members and others with whom you spent time (more than 15 minutes over a 24-hour period) within 6 feet of you, or shared a meal, would be at increased risk and should be advised to quarantine* at home AFTER your, or any sick household member's, isolation period ends. If the asymptomatic person develops symptoms, they should follow the isolation instructions above.</p> <p>People who you did not spend a prolonged period of time (less than 15 minutes over a 24-hour period) are were more than 6 feet away are at lower risk. This would include people that you may have been in an indoor space. They should monitor their health; no restrictions about where they go. They should wash hands often, practice social distancing and wear a mask. If possible, you should notify individuals above regarding your illness. Work or school supervisors may be informed to help with this process. People who you may have casually come into contact with (e.g., passed by in the hall, briefly spent time within a room, shared a short elevator ride), are not considered to be at risk and do not need to be contacted.</p>

*CDC quarantine info: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>