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

Question	Instructions
I have symptoms but tested negative for COVID-19.	• **Not vaccinated:** Chances are that you may have another respiratory illness. Consider getting the COVID-19 vaccine, if you are eligible, get a flu shot, wear a mask when in indoor public spaces, and wash your hands often. If symptoms persist, you may need to get tested again for COVID-19. • **Fully vaccinated*:** Chances are that you have another respiratory illness. Consider getting a COVID-19 vaccine booster if you are eligible, get a flu shot, wear a mask when in indoor public spaces, and wash your hands often. Seek medical care if your symptoms don't improve.
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, you are considered a household contact. • **If you are unvaccinated:** Quarantine for 14 days** and monitor yourself for symptoms. Symptoms may take 2-14 days to develop. If you develop symptoms, get re-tested and isolate at home for 10 days after symptoms started. • **If you are fully vaccinated:** you should get tested 5-7 days after your last possible exposure to an infectious person and monitor for symptoms. Wear a mask indoors in public for 14 days after last exposure or until you get a negative test result.
I have no symptoms and tested negative for COVID-19 but was told that I am a <u>close contact</u> of a person who is COVID-19 positive.	Close contacts are people who spent at least 15 minutes over a 24-hour period and were within six feet of a COVID-19 positive person or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). *Getting tested too soon might result in an incorrect negative test result.* Symptoms may take 2-14 days to develop. • **If you are unvaccinated:** Quarantine for 14 days**. Get tested 5-7 days after being exposed. Monitor yourself for symptoms. Consider getting the COVID-19 vaccine, if eligible. • **If you are fully vaccinated:** Get tested 5-7 days after being exposed. Monitor yourself for symptoms. Consider getting a COVID-19 booster, if eligible.

*Fully vaccinated means a person received two doses of a 2-dose vaccine (Pfizer BioNTech or Moderna) or one dose of a 1-dose vaccine (J&J/Janssen).

**14 days begins after the last possible exposure to an infectious person. While 14 days is the recommended quarantine time, it may sometimes be shortened to 7 or 10 days (see https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)

For general information about COVID-19, call 1-800-962-1253 or 211 or covid19.nj.gov

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