

WHAT TO KNOW IF YOUR TEST CAME BACK NEGATIVE

How to stick together, by staying apart

It is extremely important to emphasize a negative test now, is just that – a negative test **now**.

There are no guarantees that if you are negative now, you will not become infected/positive later.

The number one way to reduce the chances of you becoming positive later is to follow social distancing guidelines. COVID – 19 spreads the quickest from person – to – person contact (within 6' feet) and someone can be a carrier for 14 days after exposure to the virus, with no-symptoms or minor symptoms. Therefore, it's important to continue social distancing.

If you have a negative test but are sick, please self-quarantine for at least 14 days and follow the guidelines "What to do when someone is sick" document.



Stay at home
no unnecessary journeys
or social contact



Only leave home for
essential shopping
or **medical needs**



Or **exercise once a day**



Or **travelling to work** if
absolutely necessary



Public gatherings of
more than two people are banned -
excluding people you live with



Police may be able to fine you
if you don't follow the rules

BBC

FAQ about Negative Results

Now that I know I'm negative can I start hanging out with others again?

No. Everyone must continue to follow social distancing during this time. If you decide to hang out with people, who are non-symptomatic, but carriers, you can actually become infected and possibly infect others.

Can I get tested again if I have been tested once?

Yes. If you have a referral from a doctor and/or come in contact with a positive case (and test kits allow), you can get tested again. You can also be tested again if your symptoms change and/or worsen. For example, if you develop a fever, cough, shortness of breath, chills, muscle pain, headache, sore throat or loss of taste and/or smell.

When will I be able to stop social distancing?

At this point we are not sure when social distancing will be lifted. All decisions are being made with heavy influence of science and science currently says until there is a vaccine there is no guaranteed way to mitigate spread.

Follow our website for any updates on social distancing regulations:

<http://www.quinaultindiannation.com/qincovid19.htm>