CLEAN YOUR HANDS OFTEN
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol. Avoid touching your eyes, nose, and mouth.

CONTINUE SOCIAL DISTANCING
Limiting face-to-face contact with others is the best way to reduce the spread. Stay at least 6 feet (about 2 arms' length) from other people. Do not gather in groups. And, stay out of crowded places and avoid mass gatherings.

WEAR A FACEMASK
Wear a cloth face covering in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

WHAT DOES IT MEAN IF YOU TESTED NEGATIVE?
Now that we have nasopharyngeal swab testing for COVID-19, here is some general information to guide your decisions. For any specific questions regarding your health, please contact your physician.

If you tested negative for COVID-19, it means that you do not currently have COVID-19. However, there are reports of false negative tests so if your symptoms persist, please contact your physician for further guidance. A negative test does not tell us if you have had COVID-19 in the past. A negative test means that you must continue to follow all CDC guidelines on social distancing and continue to protect yourself and those around you.