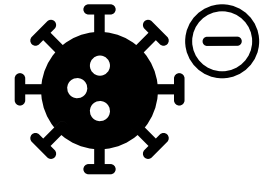


COVID-19 Negative



What is COVID-19?

COVID-19 is caused by a virus called SARS-CoV-2, which spreads mainly from person to person through coughing, sneezing, talking, or close contact. People can spread the virus even if they do not feel sick.

What does a negative test for COVID-19 mean?

A negative test means the SARS-CoV-2 virus was NOT detected at this time. However, no test is perfect. It is possible to test negative if:

- You were tested too early after exposure
- The amount of virus in your body was too low to detect
- Symptoms are caused by another illness such as a common cold, influenza, respiratory syncytial virus (RSV), allergies, or other respiratory viruses

How are viruses treated?

Many viruses do not have treatment options; the best remedies are to get plenty of rest, drink lots of fluid, and use over-the-counter medications for symptom relief. Also, prevent spreading viruses by covering coughs and sneezes, washing hands frequently, and avoiding close contact with others.

What can be done to relieve symptoms?

- Over-the-counter medication:
 - Fever/Aches: Acetaminophen (Tylenol) or Ibuprofen (Motrin)
 - Cough: Dextromethorphan (reduce the urge to cough) or Guaifenesin (loosen mucus in the cough)
- Non-pharmacological measures:
 - Rest
 - Drink plenty of fluids
 - Use a humidifier if you have congestion
 - Gargle saltwater for sore throat

When to contact a healthcare provider?

- Symptoms are not improving after 48 hours
- Symptoms are getting worse or new symptoms develop
- Have trouble breathing
- Skin, lips, or nail beds are gray or blue
- Develop new confusion
- Trouble staying awake or waking up
- Having chest pain or pressure that is constant