

You've tested: **NEGATIVE**

COVID-19

WHAT DOES THAT MEAN?



This means that the test **found no evidence** that you were infected with the COVID-19 virus. However, it is possible that you were tested early into your infection & that **you could test positive later**. You could also be exposed **at any time** & develop the illness.



Take preventive measures to protect yourself & others from becoming infected with COVID-19



Get vaccinated
& boosted



Avoid crowds & poorly ventilated spaces



Wash your hands **often** with soap & water for at least 20 seconds



Wear a mask in indoor public spaces



Frequently clean "high touch" surfaces



Monitor yourself for symptoms of COVID-19



Coughing



Shortness of breath



Fever or chills



Sore throat



New loss of taste or smell



Muscle or body aches



Fatigue



Runny nose & Congestion



Headache



Nausea, Vomiting & Diarrhea

Get tested at least 5 full days after your last exposure to COVID-19, even if you do not develop symptoms. You can still develop COVID-19 up to 10 days after you have been exposed.



for more information:

longbeach.gov/covid19 | (562) 570-4636 | @LBhealthdept