

# If you have a negative result after a rapid test

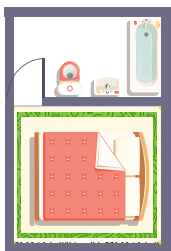
Your test for COVID-19 was negative. That means that right now we do not have evidence that you have the COVID-19 virus. It takes a while for someone to become infected after an exposure, so it is still possible you will get sick.

If you are a close contact of someone who has the COVID-19 virus, you must do a 14-day quarantine, starting the last day you were exposed to them.



Quarantine lasts until 14 days from the date of your last exposure, but it can continue if you start experiencing symptoms. Call your healthcare provider if you start experiencing symptoms and **call 9-1-1** if you have an emergency.

## Here are some instructions for quarantine:



If possible, use a separate bedroom and bathroom.

Do not share your things with others in your house.



Do not have visitors in your home.



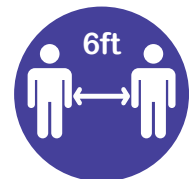
Stay home except for urgent medical care. If you must leave, wear a mask. Do not take public transportation, ride shares, or taxis. If you do not have a car and need emergency transport **call 911**.



Wash your hands throughout the day with soap and water for at least 20 seconds.



Wipe down surfaces that you touch with bleach, if possible, or household cleaners. COVID-19 can live on surfaces for days.



Keep 6 feet distance from other people at all times, even in your home.



**For more information, visit [mass.gov/covid19](https://mass.gov/covid19) or call 2-1-1**

If you are not a close contact, your test result does not mean that you will not get sick. You still need to take steps to avoid COVID-19.



Wash your hands with soap and water several times throughout the day.



Use hand sanitizer with at least 60% alcohol if soap and water are not available.



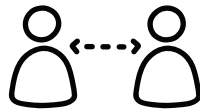
If you develop a fever, cough, shortness of breath, or other symptoms call a doctor.



Wear a mask when out in public.



Follow all social distancing recommendations including staying at home when asked.



Keep 6 feet of physical distance from other people.



Sneeze and cough into your elbow.



Avoid touching your face.

## Answering the call stops the spread!

You are confirmed COVID positive

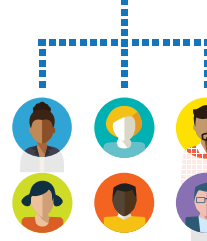


You may receive a text and then a call from the MA COVID Team or your local health department



Your identity protected

You are asked for information on your recent contacts



A care resource coordinator will be assigned to you if you need support during isolation



We will reach out to your contacts to encourage testing and quarantine



Your contacts get the help they need to quarantine

Your caller ID will show "MA COVID Team", a number that starts with 857 or 833, or the number of your local health department.

**What to expect if you receive a call from the MA COVID Team or your local health department**

**You may be asked:**

- ✓ Confirm your name and date of birth
- ✓ Your symptoms and when you got tested
- ✓ Where you live and who lives with you
- ✓ People you have been around and how best to get in contact with them
- ✓ They may tell you about your test results

**You will NOT be asked for:**

- ✗ Your social security number
- ✗ Your credit card number or bank account details
- ✗ Your health insurance plan number or plan ID number
- ✗ Your immigration status

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