

You (or someone in your house) tested **NEGATIVE** for coronavirus (SARS-CoV-2), the virus that causes COVID-19, now what?

- You probably were not infected at the time your specimen was collected.
- That does not mean you will not get sick.
- It is possible that you were very early in your infection at the time of your specimen collection and that you could test positive later, or you could be exposed later and then develop illness.
- In other words, a negative test result does not rule out getting sick later.

[CDC expects that widespread transmission of COVID-19](#) in the United States will occur. In the coming months, most of the U.S. population will be exposed to this virus. You should continue to practice all the protective measures recommended to keep yourself and others free from illness. See [How to Protect Yourself](#).



Clean your hands often



Cover coughs and sneezes



Avoid close contact



Cover your mouth and nose with a cloth face cover when around others



Clean and disinfect