

If you have tested negative (or “not detected”) for COVID-19, learn how to monitor your health and protect others:

### Have you been around anyone who has COVID-19?

If you live with, care for, or have recently spent time around someone diagnosed with COVID-19:

#### Quarantine Yourself

- If you are unvaccinated, or you were fully vaccinated more than 6 months ago and you have not gotten a COVID booster shot, you should quarantine at home for 5 days after being exposed.
- If you must be around other people during the 10 days following your exposure, wear a mask.
- Review the information about exceptions to quarantine, and options for shorter quarantine periods here: <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/Isolation-QuarantineRelease.pdf>

#### Quarantine Exceptions

- If you have been boosted or recently fully vaccinated (within the last 6 months), AND you are not experiencing symptoms, you do not have to quarantine.
- However, you should continue to wear a mask when around others through 10 days after your last exposure to a case, and (if feasible) get tested 5 days (or more) following your exposure, even if you are feeling well.

#### Monitor Your Health

- Watch for **fever, cough, sore throat, congestion, and shortness of breath** during the 10 days after the last day you were in close contact with the person with COVID-19. **If you develop symptoms, stay home**, you may have COVID-19.

### Are you sick?

If you have a new cough, difficulty breathing, loss of taste or smell, fever, chills, congestion/runny nose, nausea/vomiting, diarrhea, sore throat, headache, myalgia, or fatigue:

#### Isolate Yourself

- You should strictly isolate yourself at home.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household members can consider staying in a separate location, if available, to decrease their risk of exposure.

#### Monitor Your Health

- Get plenty of rest and stay hydrated.
- If needed, take over-the-counter medication to reduce your fever or relieve your symptoms.
- If your symptoms get worse and you need to seek healthcare, call ahead and tell the provider your symptoms.

### If you are not sick and have not come into contact with anyone with COVID-19...

#### Protect Yourself and Others

- Follow all the appropriate social distancing recommendations.
- Wear a mask if in public settings where other social distancing measures are difficult to maintain.
- Wash your hands often with soap and water for at least 20 seconds, or use alcohol-based hand rub if soap and water are not available.
- Clean and disinfect objects and surfaces regularly, including your phone.
- Cover your cough or sneeze into your elbow or a tissue.

**Learn More:** Guidance may change as we learn more. Please check [www.tn.gov/health/cedep/ncov](http://www.tn.gov/health/cedep/ncov) or [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov) for the most up-to-date guidance about COVID-19.