

Ebola: What Does a Negative Test Result Mean to You?

Congratulations! You have done the right thing by getting tested...

It is great news when your Ebola test is negative.

But remember, even though you tested negative, if you were in contact with someone with Ebola, you could still develop symptoms later. You should watch for symptoms and take steps to avoid contact with others who have Ebola to keep you, your family, and Sierra Leone safe.

Follow these steps to keep yourself, your family, and your community healthy:



STEP 1

Keep your test result letter with you.

Others may want proof that you tested negative for Ebola.

STEP 2

Avoid contact with others. A health worker will visit your home every day for 21 days to monitor your health in case you develop symptoms after leaving the holding center.

STEP 3

Continue to protect yourself and others.

- Be watchful of symptoms: a fever greater than 37.5 degrees Celsius, severe headache, tiredness, muscle pain, diarrhea, vomiting, stomach pain, or unexplained bleeding or bruising.
- Call 117 immediately if you think you have Ebola symptoms again.
- Wash your hands frequently with soap and water.

Avoid

- Do not touch others.
- Do not touch a sick person or the sick person's body fluids.
- Do not touch anything a person sick with Ebola has touched.
- Do not touch the body of someone who has died from Ebola.
- Do not touch anything a person who has died from Ebola has touched.
- Treat any deaths as if they could be Ebola & call 117 to report all deaths.

STEP 4

Share your story with others.

Tell your friends, family, and neighbors that you are glad you got tested and know your results. Tell them that anyone who has symptoms should call 117 right away.

