No vs Not

NO

* No answers a yes/no question.

"No, the president wasn't surprised by the results of the election."

* No precedes a noun that has no article.

The research institute had no worthy rivals in the nation.

* No can be used before a noun that is preceded by an adjective, as in the above example, but it is not used before any, much, many, or enough.

No decisions have been made regarding hospital expansion.

These were astounding medical breakthroughs with no precedent in history.

NOT

* Not precedes a noun that has an article.

The virus is not the source of the outbreak.

* Not precedes “any,” “much,” “many,” or “enough.”

Not many doctors have enough time to spend more than 30 minutes with patients.

There is not much budget left for another clinical trial.

* Not makes a verb negative.

They do not want to proceed with the experimental study.