

Corona self-test

With a self-test you can test yourself to determine whether you may have corona. You can do the test at home.

You can use a self-test just to be sure. For example, if you are going to visit someone. You may have corona and infect people without having any symptoms yourself.

No self-test if you have symptoms

Do you have symptoms associated with the corona virus? Then don't do a self-test, but get tested at the GGD. Don't use the self-test either to see if you can leave quarantine or if you were close to someone with corona.

The tests at the GGD are more reliable. For an appointment, call 0800-1202 or visit www.coronatest.nl.

Using the self-test

The self-test only works if you use it properly. Read the manual in the box of the self-test carefully and follow the instructions. Do you find the instructions difficult? Ask someone to help you read the manual.

Results of the DIY test

In the instructions of the DIY test you can read how to read the result of the test. The result can be positive, negative or invalid.

- Is the result of the self-test positive? Then you probably have corona. Stay home and make a test appointment with the GGD to make sure the result is correct. People you live with should also stay at home.

- Is the result negative? Then you probably don't have corona. But beware! Sometimes a self-test does not give the right result. It is therefore possible that you do have corona. That is why you should always be careful. Stick to the rules: wash your hands often and keep 1.5 meters distance.

- Is the result invalid? Then the self-test did not work. You can then do a new DIY test. Again, read exactly what you have to do. Ask for help if you find this difficult.

Do you have any questions? Visit www.rijksoverheid.nl/zelftest

In general, the following steps apply

1 Unpacking self-test

Unpack the test and stable the parts in front of you on the table.

2 Taking the smear yourself

- Blow your nose.
- Tilt your head back slightly.
- Insert the cotton swab into one nostril.

- Slowly push the swab about 2 cm into the nose until you feel resistance (parallel to the palate - i.e. horizontally backwards, not upwards).
- Swirl the cotton swab against the inside of the nose 4 times (about 15 seconds total).
- Repeat in the other nostril.

3 Dissolve sample in tube of liquid

- Make sure the tube is upright. Place the cotton swab into the tube containing (about 10 drops) of test fluid.
- Swirl the cotton swab at least 6 times.
- Leave the swab in the tube for 1 minute.
- Press against the swab a few more times from the outside, then remove the swab from the tube.

4 Drip

- Place the test strip or test cassette on a flat surface.
- Invert the tube without a cotton swab.
- Hold the tube without swab over the round marked area (not the rectangular result window).
- Drop exactly 4 drops onto test area. If necessary, gently squeeze the tube for this purpose. - Now wait for 15 minutes.

5 Reading the result

After 15 minutes you can read the result. The result is no longer reliable after waiting 20 minutes. The test result is personal. While you are waiting for your result, find out what it means if the result is positive or negative. See the box "Results of self-test".

6 Completion

Throw the test items in the trash. Clean the table with a damp cloth. Wash your hands thoroughly with soap and water.