



# Coronavirus self-test

## Use a self-test to be on the safe side

Do this self-test to find out if you have coronavirus. Do the test even if you have been vaccinated. In this way, we can stop the spread of coronavirus.

March 2022

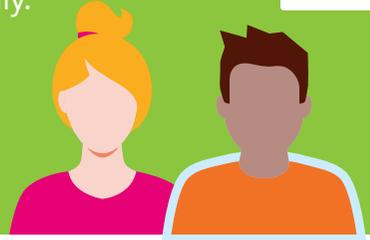
alleen **samen** krijgen we  
corona onder controle

**Hecht**  
**GGD**  
Hollands Midden

# Using the self-test



The self-test only works if used properly, so please read these instructions carefully. If you have any difficulty understanding the instructions, please ask someone to help you.



## The general instructions are as follows:

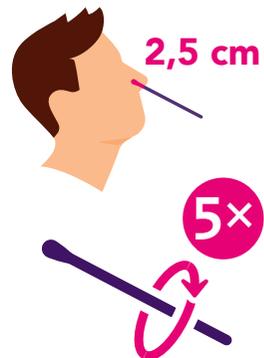
### 1 Unpack the self-test

- Unpack the self-test. Place the contents on a clean flat surface, for example a table.
- Remove the cap from the tube. Be careful not to spill any of the liquid.
- Stand the tube upright in the holder.
- Carefully remove the swab from the packaging.



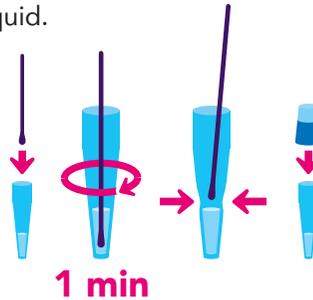
### 2 Test yourself using the swab in your nose

- Blow your nose.
- Wash your hands.
- Tilt your head backwards slightly.
- Insert the swab into one of your nostrils slowly until it is approximately 2.5 cm up your nose.
- Roll the swab 5 times against the inside of your nostril. This will take approximately 15 seconds.
- Repeat the process in your other nostril.



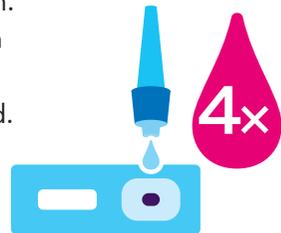
### 3 Place the swab in the tube containing the liquid

- Make sure that the tube is standing upright.  
Place the swab in the tube containing the liquid.
- Rotate the swab in the tube at least 6 times.
- Leave the swab in the tube for 1 minute.
- Squeeze the swab with your fingers on the outside of the tube.
- Remove the swab from the tube.
- Press the white cap firmly onto the tube until you hear a click.



### 4 Deposit the liquid onto the test strip

- Turn the tube containing the liquid upside down.
- Hold the tube above the small square specimen well on the test strip. This is the section of the test strip where no C and T letters are displayed.
- Allow 4 drops to fall onto the specimen well.  
Squeeze the tube gently if necessary.
- Now wait 15 minutes.



### 5 Read the self-test result

- The result will be available after 15 minutes.
- 20 minutes the result will no longer be reliable.
- The test result is personal.



While you are waiting you can read about what to do if the result is positive or negative.

The relevant information can be found in the '**Self-test result**' section on the back of this folder.



## 6 Final step

- Dispose of the test equipment in the bin.
- Clean the table with a damp cloth.
- Then wash your hands properly with soap and water.



## Self-test result

In the self-test instructions you will find information on how to interpret the self-test result. The result can be positive, negative, or invalid.



Positive

### A positive result

If the self-test result is positive, you probably have coronavirus. Make an appointment for a test at the GGD to find out for certain whether the result is accurate. You can make an appointment via [coronatest.nl](https://coronatest.nl) or by telephoning 0800-1202. You should inform anyone you have recently been in contact with because they may also be infected. You and your entire household should then quarantine.



Negative

### A negative result

If the result is negative, you probably do not have coronavirus. However, you should not forget that a self-test does not always give an accurate result. It may be that you have coronavirus after all. You should therefore continue to be careful. Observe the rules as regards frequently washing your hands and maintaining your distance.



### Invalid

If the result is invalid, the self-test will not have been done properly. In that case you can do a new self-test. Read the instructions again carefully. Ask someone to help you if you have any difficulties.