



Rijksoverheid

Thank you for getting tested for coronavirus.



alleen samen krijgen we
corona onder controle

Hello.

Today you were tested for coronavirus. Thank you for getting tested. Below we explain the rules to follow in the days ahead.



Until you get your test results, it's important that you:

- Stay at home.
- Do not go out.
- Do not receive visitors except the doctor.
- Stay as far away from the other members of your household as possible.
- Wash your hands often, cough and sneeze into your elbow and use paper tissues.
- Check your emails regularly and make sure you're available by phone.
- Make a list of everyone you've had contact with recently.
- Exceptions apply for children. Go to www.government.nl/coronavirus for more information.

All members of your household must stay at home if:

- You have a fever and/or shortness of breath.
- Someone in the household has coronavirus.

What is allowed?

- You and members of your household can be in the same home. But you must stay as far away from one another as possible.
- You can sit in your garden or on your balcony if you have one.
- Have someone else do your shopping for you. When they bring your groceries, keep your distance.

If you need extra support, download the self-quarantining guide for tips and information on where you can get help
www.government.nl/quarantine-guide.



Coronavirus test results

As soon as your test results are available you will be contacted by phone or you will receive an email informing you that you can view your results on www.coronatest.nl. You will need to log in using your DigiD.

- **If the results are positive, you have coronavirus.** The municipal health service (GGD) will contact you to go over the rules and start the contact tracing process. Members of your household must also self-quarantine. You should inform your doctor, employer and company doctor that you are self-quarantining.
- **If the results are negative,** you did not have coronavirus at the time of testing. You can go out again unless:
 - You have returned from an area with many coronavirus infections (area subject to an orange travel advisory).
 - Someone who lives at the same address as you has a fever or shortness of breath, as well as other symptoms of COVID-19, and the result of their coronavirus test isn't available yet. An exception applies in the case of young children and children in the first 2 years of primary school with fever or shortness of breath and other COVID-19 symptoms. In this case, other family members do not have to stay at home.

Please note: always follow the basic rules and take extra care if you have contact with older people or people in at-risk groups, even if your test result comes back negative. Telephone your doctor if your symptoms worsen.

For more information, go to www.government.nl/coronavirus-test.



What do I need to do for the contact tracing?

Make a list of everyone you've had contact with recently, especially people who were less than 1.5 metres away from you for more than 15 minutes. Start from two days before your symptoms appeared and up to the time you began self-isolating at home. If the test results are positive, the municipal health service (GGD) will tell you what you need to do to inform these people. This information will also be shown with your test results on www.coronatest.nl.

More information

For more on coronavirus testing, go to www.government.nl/coronavirus-test.

To view your results, go to www.coronatest.nl and log in using your DigiD.

To see the rules on self-quarantine, go to www.government.nl/self-quarantine.