



Government of the Netherlands

Thank you for taking a COVID-19 test



Information after a PCR test

alleen samen krijgen we
corona onder controle

You were tested for COVID-19 today with a PCR test.



Stay in self-quarantine if you have been tested because you:

- have COVID-19 symptoms;
- have a high risk of being infected because you:
 - live with someone who has COVID-19;
 - are a close contact* of someone who has COVID-19;
 - have received a notification from the CoronaMelder app;
 - have been abroad in an area for which self-quarantine is mandatory. Read which rules apply to you at www.rijksoverheid.nl/quarantaine.

Not sure if you should self-quarantine? Want to know which testing and other advice applies to you? Do the Quarantine Check at quarantainecheck.rijksoverheid.nl

Self-quarantine rules:

- Do not go outside. You can go into your own garden or sit on your own balcony.
- Do not have visitors come over.
- Keep your distance from members of your household.
- Have someone else buy your groceries for you or have them delivered.
- Wash your hands often, cough or sneeze into your elbow and use paper tissues.

Need help or support? You can find tips and support to get you through staying at home at rijksoverheid.nl/quarantainegids

* You are a close contact if you have been closer than 1.5 metres to someone with COVID-19 for longer than a total of 15 minutes in a 24-hour period.



COVID-19 test result

You will receive the result as soon as possible. You will be contacted by phone or email.

- **Do you have a DigiD? If you do, you can see your result online.**

Did you make an appointment online at www.coronatest.nl? Or did you say you have a DigiD when you made an appointment by phone? In that case, you will receive an email as soon as the result is known. You can then use your DigiD to log in to www.coronatest.nl to view your result. Note: the email may end up in the spam folder of your mailbox.

- **If you do not have a DigiD, you will receive your result by phone.** You do not need to call us.

- **Positive result**

This means you have COVID-19.

- You must self-isolate at home. Do all you can not to infect the people you live with. Stay in your own room alone. This ensures you have no contact with members of your household.
- Do not have visitors come round.
- Members of your household and close contacts must also self-quarantine.
- You can read more about source investigation and contact tracing at www.rijksoverheid.nl/bco.

- **Negative result**

You did not have COVID-19 when you were tested.

If you are allowed out of self-quarantine, you must still follow the basic rules for everyone in the Netherlands. Be very careful around the elderly and medically vulnerable people, especially if you have symptoms.

Note: if you get symptoms, get symptoms again or your symptoms become worse: get tested. This can be a self-test or a professional test at the municipal public health service (GGD).

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For more information, visit rijksoverheid.nl/uitslag-coronatest or call +31 (0)800 1351. You will also find information about testing on Day 5 of self-quarantine here.

Want to know more about COVID-19 testing? Visit www.rijksoverheid.nl/coronatest or www.government.nl/coronavirus.

Result known? Go to www.coronatest.nl and log in with your DigiD.

You will find the self-quarantine rules at www.rijksoverheid.nl/quarantaine.

To find out if you have to be tested or self-quarantine, do the check at quarantainecheck.rijksoverheid.nl.

Need help or support during self-quarantine?
Visit www.rijksoverheid.nl/quarantainegids.

For more information about source investigation and contact tracing, go to www.rijksoverheid.nl/bco.