



# Welcome to the Netherlands



## How is the Netherlands dealing with COVID-19?

The government advises the following:

- If you have COVID-19/flu symptoms such as a sore throat, cough or fever, stay at home and do a self-test, even if you've been vaccinated.
- If the test result is positive, self-isolate at home.
- Keep your coronavirus vaccinations up to date, even if you have no health issues.

### Free self-test

All visitors from China will be offered a free self-test and information about its use at Schiphol.

### Where to buy self-tests

Do you need more self-tests? Self-tests can be purchased at the supermarket, drugstore or pharmacy.

Take this self-test at the place where you will stay. A self-test is a test that you can do yourself to check whether you have coronavirus even if you're fully vaccinated or have already had coronavirus.

## Using the self-test

The self-test kit works only if you use it properly, so make sure to read the instructions carefully beforehand. If you find this difficult, you can ask someone to help you.

### Self-test result

The attached instructions from the self-test kit explain how you can see what the result of the test is. The result can be positive, negative, or invalid.



positive = (self)isolation

### Coronavirus

If you test positive for coronavirus after doing a self-test you must self-isolate immediately. This means staying at home in a separate room from others in your household, even if you have been vaccinated against coronavirus. This will prevent you from infecting any people. Self-isolate for a minimum of 5 days and a maximum of 10 days counted from the test date. You may end your self-isolation period only if you are symptom-free for 24 hours. If you still have symptoms after 10 days you may also end your self-isolation period.

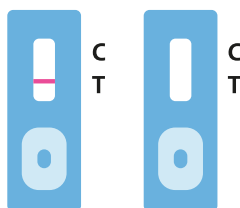
Check your personal situation on [mijnvraagovercorona.nl/en/](https://mijnvraagovercorona.nl/en/)



negative

### No coronavirus

If the result is negative, then you probably do not have coronavirus. It is still possible that you have coronavirus, and you should always remain careful. Do another self-test the next day. Follow the relevant guidelines: wash your hands frequently and maintain social distancing.



### Invalid

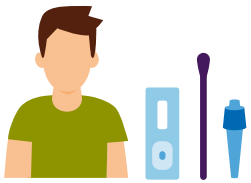
If the result is invalid, then the self-test did not work properly, and you can do another self-test. Read the instructions carefully once again before doing so, and ask someone to help you if you find it difficult.



Do you have any questions?  
[government.nl/selftest](https://government.nl/selftest)



In short, you need to take the following steps for the MP Biomedicals Rapid SARS-CoV-2 Antigen Test



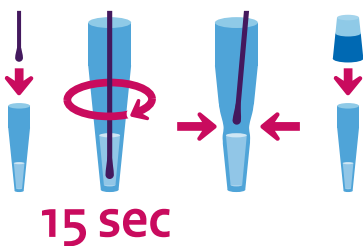
## 1 Unpack the self-test

- Remove the packaging and set the contents on a table in front of you.
- Place the test cassette on a flat surface.
- Remove the cap from the tube, being careful not to spill any liquid.
- Place the tube in an upright position in the holder.
- Carefully remove the swab from the packaging.



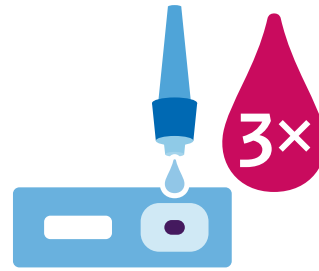
## 2 Taking a swab by yourself

- Blow your nose.
- Wash your hands.
- Tilt your head slightly backwards.
- Insert the swab in one of your nostrils.
- Slowly push the swab approximately 2,5 cm inside your nose until you feel some resistance (parallel to your palate, in other words horizontally backwards and not upwards).
- Roll the swab 3-4 times along the mucosa inside the nostril to ensure that both mucus and cells are collected. Leave the swab in the nostril for several seconds.
- Repeat the above in your other nostril.



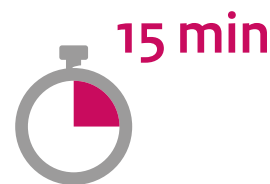
## 3 Dissolving the sample in the tube of liquid

- Make sure that the tube is upright. Insert the swab in the tube with test liquid.
- Roll the swab three to five (3-5) times. **Leave the swab in the extraction buffer for 1 minute.**
- Squeeze gently on the outside of the tube to remove some liquid and continue squeezing while removing the swab. Pinch the extraction buffer tube with fingers and remove the solution from the swab as much as possible. Close the tube.
- Press the white cap firmly onto the tube until you hear a click.



## 4 Dispensing 3 drops

- Turn the tube with liquid upside down.
- Hold the tube above the small square area marked on the cassette (not the rectangular result window).
- Allow precisely 3 drops to fall onto the square area.
- Then wait 15 minutes.



## 5 Reading the test result

- Read the result after 15 minutes.
- After waiting 20 minutes, the result is no longer reliable.
- The test result is personal. While waiting for the result, read what it means if the result is positive or negative.
- To do so, check out the **self-test result** section on the other side of this flyer.



## 6 Cleaning up

- Dispose of the test materials in the waste bin.
- Clean the table with a moist cloth and wash your hands thoroughly with water and soap.