



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](http://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](http://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](http://www.coronatest.nl). You will need to log in using your DigiD. If your results are positive, the municipal health service (GGD) will always contact you by phone as well.

- **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 for 10 days. If they develop symptoms themselves, they must also get tested. 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 live with someone or have been in close contact with someone who has coronavirus;
  - you have returned from an area with high levels of coronavirus infections (area subject to an orange travel advisory);
  - you have received a notification from the CoronaMelder app;
  - you live with someone who has COVID-19 symptoms that include a fever and/or shortness of breath and who has not yet received their test results.

For more information, go to [www.government.nl/coronavirus-test](http://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](http://www.coronatest.nl).

### **More information**

For more on coronavirus testing, go to [www.government.nl/coronavirus-test](https://www.government.nl/coronavirus-test).

To view your results, go to [www.coronatest.nl](https://www.coronatest.nl) and log in using your DigiD.

To see the rules on self-quarantine, go to [www.government.nl/self-quarantine](https://www.government.nl/self-quarantine).