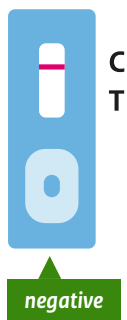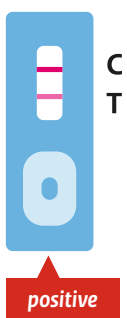# Testing and self-isolation

Coronavirus testing

If you have coronavirus-like symptoms such as a runny nose, sneezing, a cough, a sore throat, tightness in your chest or a fever, stay home and do a self-test. This will help prevent the spread of the virus. You can buy self-tests from a chemist's shop, pharmacy or supermarket. Some municipalities give out free self-tests. If you cannot afford to pay for a self-test, ask your municipality where you can get a self-test for free. If you are studying or still in school, ask your educational institution where you can get a self-test for free.
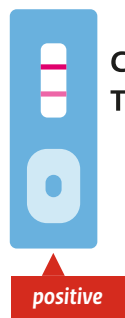
Test result

Negative

If the result of your self-test is negative, you are allowed to go out. If you continue to have symptoms, even if they are mild, do another self-test the next day. You might still have the coronavirus, even if the result is negative.

negative

Positive with symptoms

If your test result was positive and you have symptoms (a fever, a cough, a sore throat or a runny nose), you must self-isolate at home for a maximum of **10 days**, counting from the day when you first had symptoms. You may stop self-isolating sooner if you do not experience any coronavirus-related symptoms for **24 hours** AND you first had symptoms at least five days ago.

positive

Positive without symptoms

You must self-isolate for five days, counting from the date you got tested.

If your test result was positive and you did not have symptoms at the time of the test, but develop coronavirus-related symptoms while self-isolating, you must start a new period of self-isolation. Counting from the day you first had the symptoms, you must self-isolate for a maximum of **10 days**. You may stop self-isolating sooner if you do not experience any coronavirus-related symptoms for **24 hours** AND you first had symptoms at least five days ago.

positive

For how long should I self-isolate at home?

Go to **www.mijnvraagovercorona.nl** to read advice for your personal situation.

Tell the people you have seen over the past few days that you have the coronavirus, so they can get tested to see if they are infected too.

If you have questions about the coronavirus:

- **www.government.nl/topics/c/coronavirus-covid-19/coronavirus-test** (in English)
- **www.mijnvraagovercorona.nl**
- **www.government.nl/topics/coronavirus-covid-19** (in English)
- **www.pharos.nl/coronavirus** (in various languages)
- **www.corona.steffie.nl** (in various languages)
- **www.refugeehelp.com/get-help/category/health-care** (in English, Ukrainian and Russian)

samen verder