



# Testing for coronavirus

From 1 June anyone with coronavirus-like symptoms can get tested. This will help us control the spread of the virus and protect one another.

**If you have symptoms and belong to an at-risk group, call your doctor or specialist first.**

To see the list of at-risk groups, go to: [www.rivm.nl/coronavirus-covid-19/risicogroepen](http://www.rivm.nl/coronavirus-covid-19/risicogroepen).

**If you have mild, coronavirus-like symptoms**, for example cold-like symptoms, blocked/runny nose, sneezing, sore throat, cough, fever or sudden loss of smell or taste:

Make an appointment to get tested



Call **0800 1202** for an appointment.

Have your citizen service number (BSN) ready.

**Stay at home until it's time to get the test.**

*The test is free of charge*

**If you have severe, coronavirus-like symptoms**, for example if you are short of breath, have a fever or feel increasingly ill:

Call your doctor or the out-of-hours GP service (huisartsenpost) right away.



Don't go to the doctor in person.

The doctor will tell you what to do and where to get tested.

Stay at home until you know the test result

Make a list of everyone you've been in contact with recently.

You'll be told the test result as soon as possible.

**If you test negative:**

Keep following the standard hygiene and distancing measures.

**If you test positive:**

The municipal health service (GGD) will tell you what you and the other members of your household must do. For instance, you will have to stay at home for two weeks.

The GGD will trace and call the people you've been in contact with.

You yourself must inform your doctor, employer and/or the doctor of the company/organisation you work for that you have tested positive.

**Whether the result is positive or negative:**

**If your symptoms get worse, contact your doctor.**

**Keep following the basic hygiene and distancing measures:**

- Work from home if possible.
- Keep 1.5 metres away from other people.
- Avoid busy places.
- Wash your hands regularly.
- Cough and sneeze into your elbow.