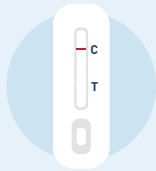


What you need to know about COVID-19 self-testing



Why use self-tests?

- To find out if you are currently infected with the virus that causes COVID-19
- Get results within 30 minutes
- Results are quick and convenient, but not as accurate as those from a laboratory test



When to consider using a self-test?

- If you feel unwell with symptoms that could be COVID-19
- If you think you were exposed to COVID-19 within the last seven days
- If you want to check if you are negative just before deciding whether to participate in an indoor social activity



How do you use a self-test?

- Always follow the instructions on the pack of the test you are using (these change between brands)
- Clean your hands well before and after using the test
- Collect a sample from your nose and/or throat and run the test following the instructions
- Interpret the results after waiting the recommended amount of time
- Throw away the test as per the pack instructions

How do you interpret the results of a self-test?

Once you add your sample to the self-test and wait the recommended time, either one or two lines should appear in the blank window.



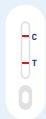
INVALID result

If no line shows up by C, the result is invalid even if there is a line by T. Throw it away and do another test.



NEGATIVE result

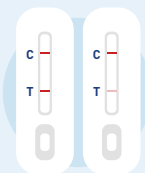
One line by C means the test did not detect the virus. This does not completely rule out infection.



POSITIVE result

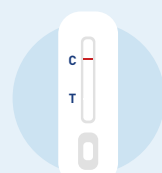
Two lines by C and T means the test detected the virus and you are probably infected. Even a faint line is a positive result.

Follow your national guidelines on how to report your test result.



What should you do if you get a positive self-test result?

- If you have symptoms seek advice from your health worker on whether you need treatment or care, especially if you are older, have an existing health condition, or have not been vaccinated against COVID-19.
- Seek urgent medical care if you experience chest pain, difficulty breathing or dizziness.
- Follow your national guidelines on what to do next to report your test results and whether you are required to isolate.



What should you do if you get a negative self-test result?

- A negative test result gives you more confidence that you were not infected when you took the test.
- Remember – false negative results can occur, especially if you tested soon after exposure.
- If you know you have been recently exposed, and/or you have symptoms that could be COVID-19, take another test 24 to 48 hours later.

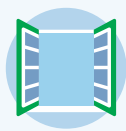
Continue to protect yourself and others:



Keep a distance



Wear well-fitted masks



Open windows



Wash hands regularly



Cover coughs and sneezes