LEARNING *Staying Safe* TOGETHER

SELF-TESTING: QUESTIONS AND ANSWERS

WHAT IS A SELF-TEST?

It is an antigenic test that you can perform yourself. The sample is taken with a swab introduced into your nose. The result is fast : only 15 to 20 minutes.

WHAT IS THE PURPOSE OF SELF-TESTING?

Regular self-testing offers early detection for asymptomatic individuals who may be contagious without knowing it (30% to 50% of of COVID-19 cases).

WHY TEST EVERY WEEK?

By repeatedly and regularly self-testing, you increase the chances of early detection of the virus - the moment when an you are most contagious.

WHAT IS THE PURPOSE OF GROUP TESTING?

The more people test themselves regularly, the more cases are identified and the more we can collectively reduce the risk of contamination.

DOES THE SELF TEST REPLACE OTHER TESTS?

PCR / antigenic tests performed by health professionals are recommended for people with COVID symptoms or who are contacts at risk, as the diagnosis is more reliable.

HOW FAR IS THE SWAB INSERTED IN MY NOSE?

2 to 3 cm. With a self-test, the swab is inserted shallower than the professional nasopharyngeal swab, therefore less unpleasant (and you can do it by yourself).

WHAT SHOULD I DO IF THE RESULT IS POSITIVE?

If you get a positive result from a self-test, you must isolate yourself and take a PCR test as soon as possible. It is also recommended to contact your doctor.

WHAT SHOULD I DO IF THE RESULT IS NEGATIVE?

If you get a negative result from a self-test, you must continue to follow all barrier gestures and self-test regularly, as the self-test does not detect very low viral levels.

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