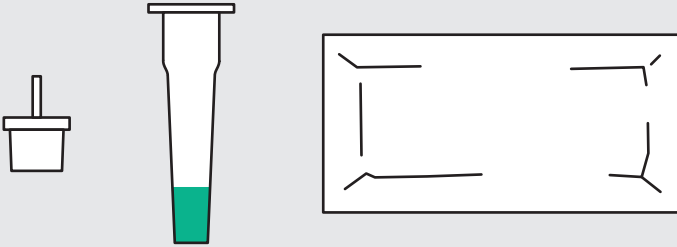


# QUICK REFERENCE GUIDE FOR THE SELF-TEST

Product: SARS-CoV-2 Rapid Antigen Test  
Manufacturer: Roche

## Preparation

These components should be available for carrying out the test:

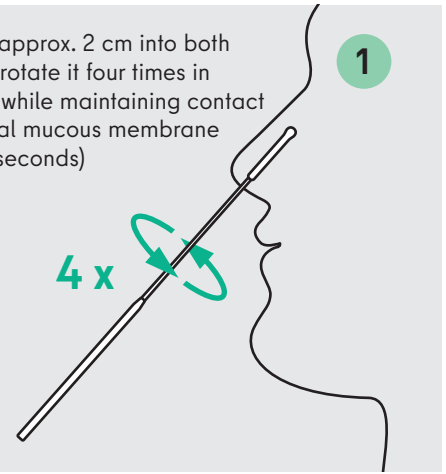


Use the separately available swab for sampling (brand: Nasal Swabs, material number 09 421 777 001)



## Sampling (at room temperature)

Insert swab approx. 2 cm into both nostrils and rotate it four times in each nostril while maintaining contact with the nasal mucous membrane (approx. 15 seconds)



## Treatment of the sample

**2**

Insert swab and rotate more than ten times

At the same time, press test tube against the swab to dislodge antigens

**3**

Remove swab while pressing it firmly on the side of the test tube and place dropper cap on the tube

**more than 10 x**

**4**

Add four drops to the sample well on the test cassette

**4 x**

**5**

Read **after 15 min.** result

Don't analyse any result after more than 30 minutes!

## Analysis of the results

Every colour shade at the test line (T) is considered positive

**Negative**

Coloured control line (C)

**Positive**

Coloured control (C) and test line (T)

**Invalid/unclear**

No control line (C)

## Disposal

Dispose of used test kits isolated in domestic waste

Pupils and school and daycare staff can go to school/daycare centre

- Parents report child as sick to the school or school or daycare staff call in sick
- Pupils and school and daycare staff have PCR follow-up testing performed at one of the central test centres

Repeat test with new material

# EASILY TEST

for yourself, for all of us and against the coronavirus



The self-tests will help make school and daycare attendance safer during the time of the pandemic. For better protection for each and every one, for families, friends and staff.

## What are corona self-tests?

The so-called antigen rapid tests can be used easily and quickly (see Quick Reference Guide). The swab must be inserted approx. 2 cm in each nostril. The result is displayed after 15 minutes.

## Are the self-tests obligatory?

If as many people as possible regularly perform self-tests, infections with the coronavirus will be discovered early. As a result, additional infections can be reduced. The self-tests are voluntary and free of charge.

## Where and how often should the self-tests be performed?

The self-tests should be performed twice a week at home - before going to school or work.

## What should be done if the test is positive?

If the test is positive, the person tested must be reported sick to school or the employer and immediately have a PCR follow-up test done at a follow-up test centre. The PCR follow-up test is free for pupils as well as school and daycare staff. An appointment is not necessary. The person tested must remain in domestic quarantine until the PCR test result is returned.

### PCR follow-up tests

A positive test result must be checked at a central PCR follow-up test centre. These PCR follow-up test centres are open daily from 7 a.m. until 4:30 p.m., and no appointment is necessary.

The updated list of PCR follow-up test centres for school, daycare centres and day care can be found here:



[www.berlin.de/sen/bjf/corona/tests/testzentren\\_senbjf.pdf](http://www.berlin.de/sen/bjf/corona/tests/testzentren_senbjf.pdf)

## Why must the corona rules still be followed when the test result is negative?

The rapid tests are only one component. Together with the other current hygiene measures, the tests increase safety at school, the daycare centre and at home.

These measures include:

- Maintain social distancing
- Wear a face covering
- Wash your hands
- Sneeze and cough into your elbow
- Regular ventilation

## How are the self-tests stored and disposed of?

The tests should be stored at 2 - 30 °C and not frozen under any circumstances. Waste from used tests can be disposed of in a tear-resistant sealed bin liner together with other household waste. The tests must be brought to room temperature (15 - 30 °C) before being used.

## In case of typical coronavirus symptoms: should the self-test still be made?

No. If there is a definite suspicion of a coronavirus infection, the persons affected should contact the family practice or health department.

### Additional information about the coronavirus self-test

- Quick Reference Guide and instructional video in various languages: Arabic, Turkish, Russian, Bulgarian, Polish, English, French, Spanish, Serbian, Vietnamese
- Locations of the nearest follow-up test centres
- Further questions and answers
- Manufacturer's instructions



[www.berlin.de/sen/bjf/corona/tests](http://www.berlin.de/sen/bjf/corona/tests)

# THANKS FOR HELPING