



Max-Planck-Gesellschaft, Postfach 10 10 62, 80084 München

To all
institutes and facilities
of the Max Planck Society

Dr. Christoph Kolbe
Officer for
Environmental and
Safety

kolbe@gv.mpg.de
phone.: 089 / 2108-
1652

Munich, den 31.03.2021

Covid-19 self tests: Use and handling

The institutes and facilities of the Max Planck Society offer self-tests for Covid-19 in the form of point-of-care (PoC) antigen tests for employees according to availability. Please note the following information

Suitable location

Choose a place where you can carry out the test for about 15 minutes without disturbance and keeping a minimum distance of at least 1.5 m from other people.

You need a clean surface to prepare the components of the test. For example, use a disposable paper towel or paper handkerchief as a base.

Read the instruction leaflet

Before you start testing, read the instruction leaflet carefully.

Depending on the test procedure, there may be restrictions on eating, drinking, smoking or brushing your teeth before taking the test. The significance and quality of the test depends heavily on you strictly following the instructions. Follow the manufacturer's instructions for interpreting the test strip.

Performing the test

Perform the test according to the instructions and wait the specified time period until the test result is assessed. Store the test strip for 24 hours using the original packaging.

Dispose of the other test components by wrapping them in the disposable pad or in the original cardboard packaging. The waste may be disposed of as residual waste regardless of the test result.

Please turn over



Test result

If the test strip shows a positive result, this is no cause for panic!
Proceed as follows:

- Inform your employer immediately that you will be leaving the workplace due to a positive self-test result;
- put on a mouth-nose protection ("surgical mask") or – if available – an FFP2 mask. If possible, leave your workplace without contact with other people. Take documents and tools with you so that you can work in your home office if necessary;
- Go home immediately and enter domestic quarantine. If you observe the general hygiene measures, you may also travel home by public transport;
- reduce contact with other people in your household as much as possible
- Make an appointment for a PCR test at a test centre or doctor's office. When making the appointment, point out that you have a positive self-test result;
- if you have a positive rapid test, you are entitled to a free PCR test;
- You can find addresses of testing facilities, for example, by doing an internet search using the search words "PCR test <my place of residence >". Many counties have set up separate telephone numbers for counselling. You can also find out where you can have a test done by calling the nationwide 116 117 telephone number;
- the domestic quarantine ends if the PCR test is negative;
- if the PCR test result is positive, you are considered infected and must go into domestic isolation.
- The positive result of a PCR test is forwarded to the competent health authority, which initiates contact tracing and further measures if necessary.

Even if the test result is not clear, we recommend that you act according to the procedure described.