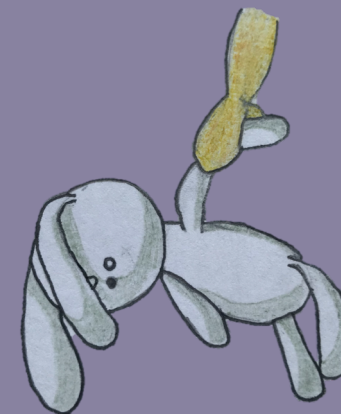
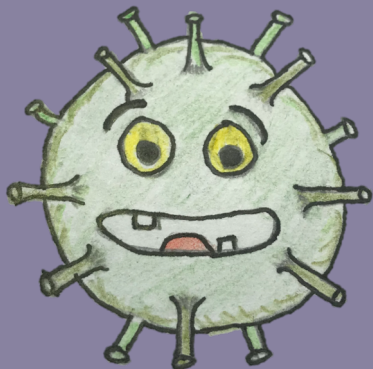


# My Coronavirus Test

## A social story for children

Explaining in simple terms what will  
happen during a coronavirus test



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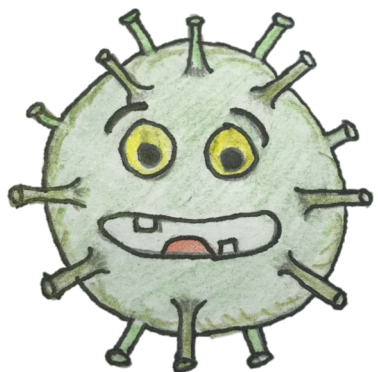
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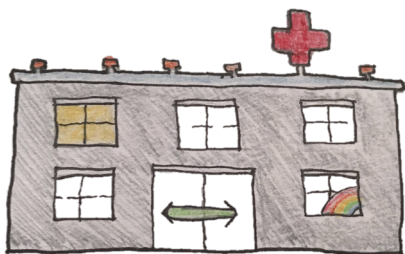


## What is Coronavirus or Covid-19?

At the moment lots of people are talking about Coronavirus or Covid-19. These names mean the same thing. The virus is a bit like germs that we can't see. The virus can make some people poorly and we can pass the virus on to others.

Where do I  
go to have  
the test?

The test can happen in a few different places. It may happen at a doctor's surgery, my house or even in my grown-up's car!

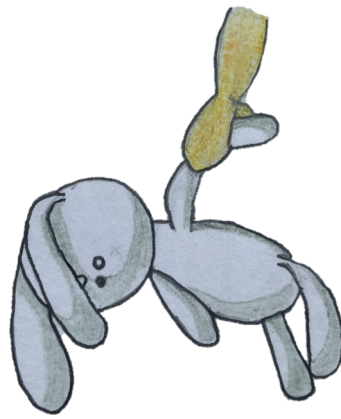


How do I know if  
I have the virus?



We need to have a test to know if we have the virus. This test might be done by a doctor, nurse or another grown up. They will be wearing an apron, gloves, a mask and maybe a suit or visor to protect them from any germs. It doesn't hurt but I might be a bit worried because I haven't had this test before. My mum, dad or another grown-up I live with might have the test too, so they can show me what I need to do before it's my turn. They can hold my hand while I have the test.

What happens during the test?



- ☺ I can take a favourite toy or tablet from home with me. This will help me feel more relaxed.

- ☺ The person doing the test will ask me to open my mouth really wide, like when I do a big yawn. They will put a small stick with some cotton wool on the end (called a swab ) into the back of my mouth and move it around. It will be tickly but won't hurt. It is very important that I stay still. The person doing the test may count to 5 or 10 to help me know how long I need to stay still for.



- ☺ Then I need to look up towards the ceiling. The person doing the test will then put the swab into one nostril, which is one side of my nose. Then in the other nostril. This will be tickly again but won't hurt. I need to stay very still again too. If I'm looking at a tablet/phone, my grown-up will need to hold this up above my head so I can see it.

## What happens after the test?

- ☺ The person doing the test will send the swab away to get the results. My grown-up might give me a treat for having the test!
- ☺ My parents or grown-up I live with will be told the results a few days after the test. If they do find coronavirus germs in my mouth and nose it doesn't mean I will get more poorly, but I might need to stay at home for a little while. Grown-ups I live with will tell me if I need to do this.



## Remember!



- ☺ It's important for me and my family that I have the test
- ☺ It may be tickly but won't hurt
- ☺ I need to stay as still as I can
- ☺ My grown-up can hold my hand
- ☺ I can take my favourite toy with me
- ☺ My grown-up might give me a treat afterwards!