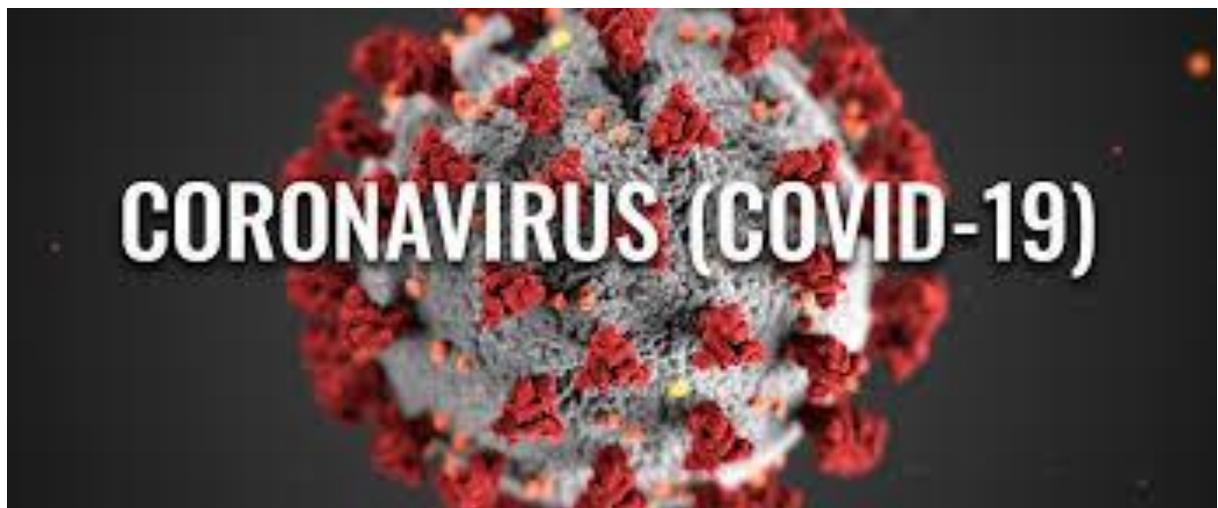


# What If I need a test for COVID-19?



COVID-19 or Coronavirus is a virus that is making some people sick.

I can have a test if I need one to help keep healthy.

The test is called a swab.



The swab looks like a long Q-tip. It comes in a plastic container that keeps it clean.



I will need to wear a mask so I do not spread germs to others.

The mask will cover my nose and mouth. I can still talk and breathe. It is important to keep the mask on my face.



People I see, at school, or the doctor's, might wear a mask, gloves, gown, and face shield.



They see lots of children and adults, so they need to protect everybody from germs.

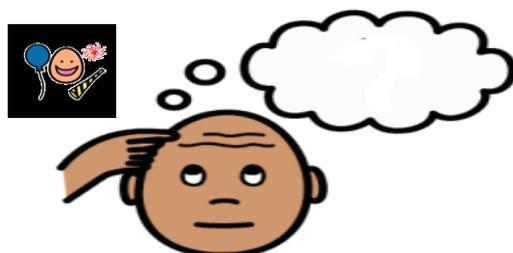
When I need a test at school I will begin by sanitizing my hands.



Next I will sit down at the table and wait for the instructions. It is okay to feel nervous.



The swab might feel uncomfortable. But I will be okay.



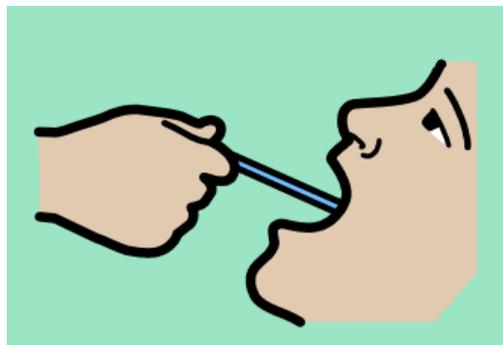
Next, I will blow my nose and place my tissue in the bin.



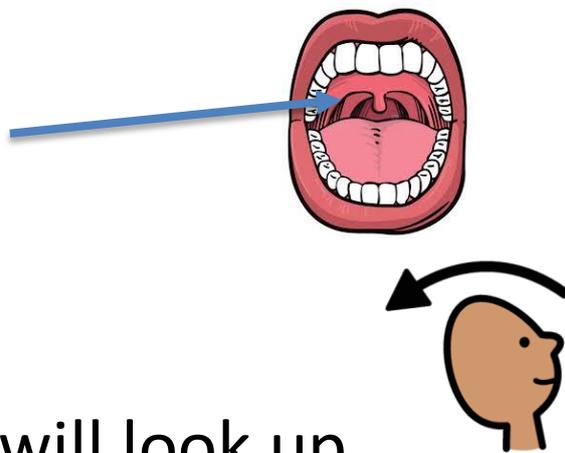
I will use the swab to take a sample from the back of my throat. I will need to use a mirror to help me to see the back of my throat.



I will open my mouth wide and stick out my tongue. I will see an arch at the back of my mouth.

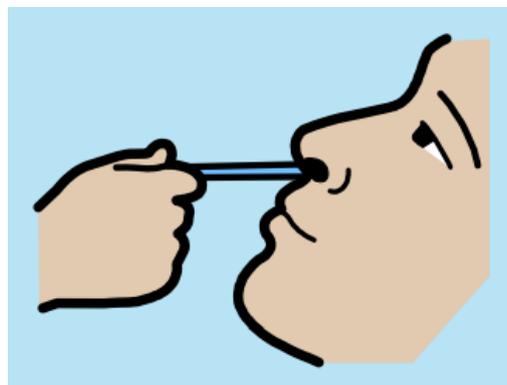


I will wipe the soft tip of the swab around the very back of my throat where the tonsils are and I must wipe the swab on both sides. I must avoid touching my tongue



Lastly I will look up and put the

swab gently into my nose and move it around a little.



Then I will put the swab into a tube or bag.



Afterwards I can sit still, or think of things I like to do. Or count .....1 2 3 4 5 6 7 8 9 10.

The COVID-19 test results come back in half an hour. Then it is all finished.



Now I will be able to get on with the rest of the day.