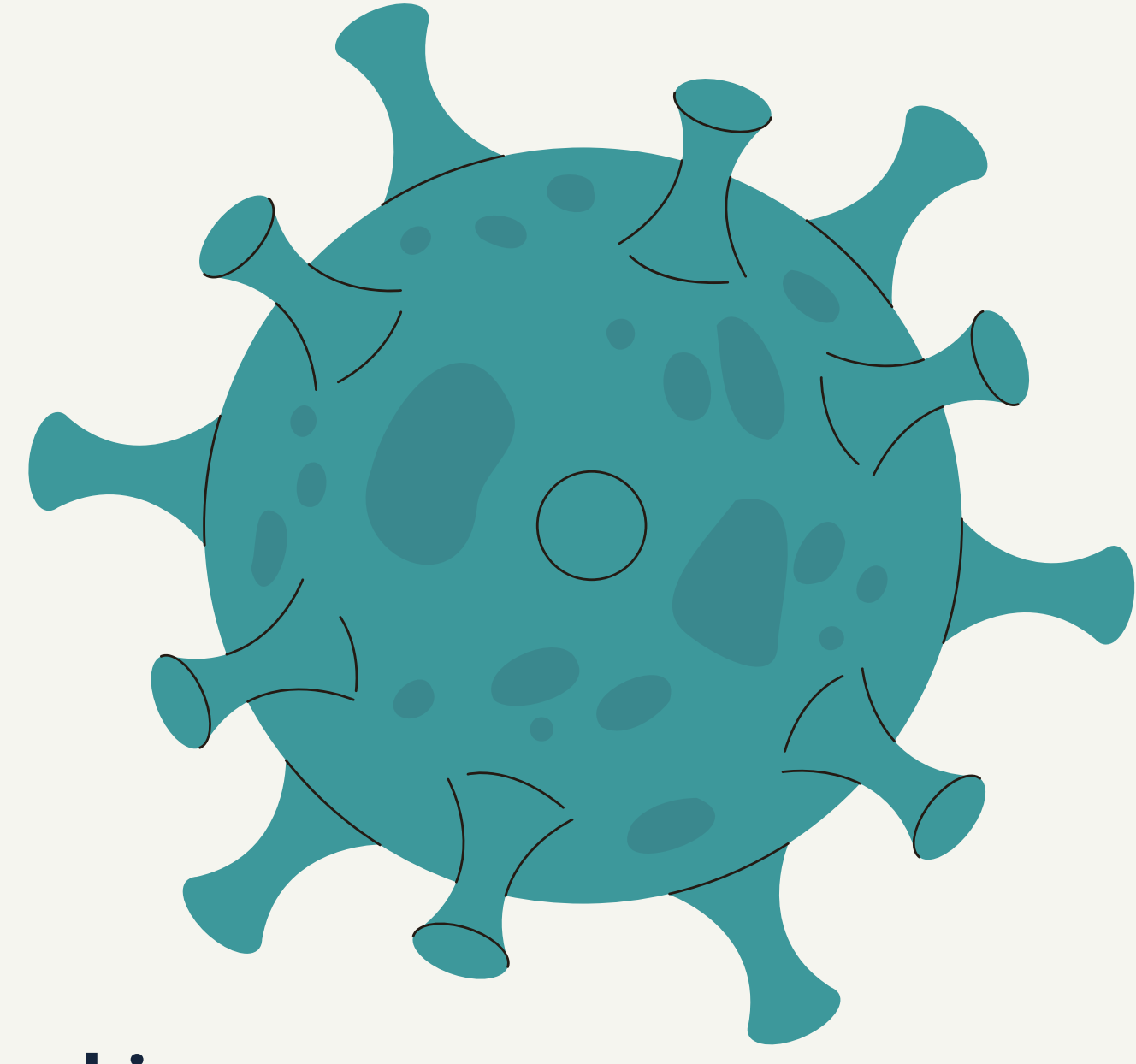


# COVID-19 Swab Test in Older Kids



This handout explains what will happen when young patients come to a walk-in or drive thru COVID-19 Assessment Center in Sault Ste. Marie. Please read and share with your child. Adapted from Trillium Health Partners

## Why do I need to be tested for COVID-19?

The nurse has decided to check if you have COVID-19 because you have symptoms of COVID-19 or you were close to someone who has COVID-19. You can be tested even if you don't feel sick.

## What is a COVID-19 swab?

A nasal swab - called a nasopharyngeal swab - is a test done by a nurse to gather some of your mucus (or boogers) from deep inside your nose. It contains cells that can provide clues about what is happening inside your body.



## What will happen during a nasal swab?

You will be asked to sit very still and lift your head up to look at the ceiling.

The nurse will put a long, thin swab into your nose and gently wiggle it around for about five seconds.

## Do I need a mask?

You will be asked to wear a mask before and after the test. The nurse will also wear a mask plus a gown, gloves and a face shield to keep you both safe from each other's germs.



## How you can help during your swab:

- Sit tall and hold still
- Look up to the sky
- Take slow, deep breaths

## What does a swab feel like?

A swab can feel a bit uncomfortable or like a funny tickle inside your nose, but it will be over quickly. It might make your eyes water or make you feel like sneezing.

## How you can make the swab more comfortable:

- Hold someone's hand or ask your caregiver to sit beside you
- Watch a video or play a game on a phone or tablet
- Listen to music
- Wiggle your toes or fingers to help distract you
- Bring a comfort item from home to help put you at ease (Drive Thru Assessment Center only)

