

How to use a Coronavirus (COVID-19) test kit on a child

Extra Instructions
and Tips



Important

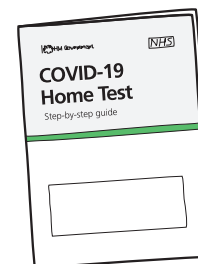
- Do not conduct this test if you do not feel confident.
- Do not continue the test if the child has any pain or asks to stop.
- If for any reason you can't do the test, please continue to self-isolate as a household.
- The fabric tip of the swab must not touch anything apart from the tonsils, back of throat and nose. If it touches anything else, it may spoil your sample.

Preparing to take the sample

- **Talk through the steps together.** If possible, practice without using any of the testing materials.
- **Remain calm and confident** as you go through the process. This will help the child to stay calm too.
- It may be helpful to **give them a distraction** while you conduct the test (video), or make it into a game.
- If possible, you may wish to **have another adult involved to provide support** during the test. Decide before starting who will comfort the child and who will do the test.
- It may be helpful for another adult to **hold the child on their lap** during the procedure so it is easier to perform the test.
- Your **child may have some gagging** or **brief discomfort** when the swab touches their tonsils. This is normal for all age groups.
- If the child is old enough, **explaining the test in terms they can understand** might help ease any fear. For example, “You may want to push the swab away but it is really important you let me tickle your throat and nose so that we can tell if you might have coronavirus”.
- **Play games and suggest they stick their tongue out** (and get them to copy you). Then have them say “ahhh” loudly. Show them the swab stick and have them keep saying ‘ahhh’ while you swab their tonsils.



Taking a sample from a child



1

Follow the main instructions provided in your test kit

These are extra instructions to help you. Use the main instruction set to see what to do before and after swabbing your child.

2

Talk to your child

Explain what you are going to do before you swab the tonsils and nose.

3

Ask the child to blow their nose into a tissue

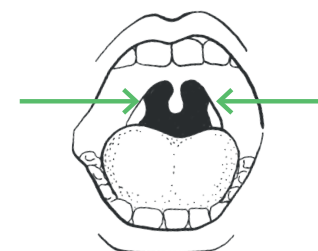
This is to get rid of excess mucus. Take this tissue home with you and put it in the bin.

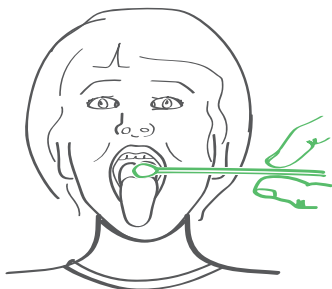
4

First find their tonsils (back of the throat)

Look inside the child's mouth and find their tonsils. This is the area where you will take the swab sample. It may be helpful to use the torch on your phone to help you to find the tonsils.

If you cannot swab their tonsils, you can swab both of their nostrils instead. Note: The result may be less accurate than a nose and tonsil swab.



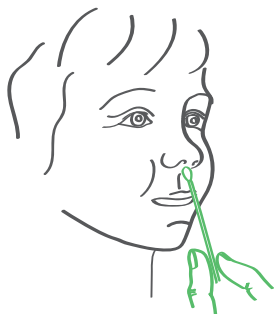


5

How to take the throat sample

Holding the swab in your hand, have the child open their mouth wide and tilt their head back. Gently rub the swab over both tonsils and the back of the throat for 10 seconds (use the torch on your phone to help you to see what you are doing).

Remove the swab from the back of the throat.



6

How to take the nose sample

Put the same end of the same swab gently into one of their nostrils until you feel some resistance.

Rotate the swab for 10-15 seconds and slowly remove it.

If you did not swab the tonsils, swab both nostrils for 10 - 15 seconds.



7

Place swab into plastic vial

Make sure the fabric tip is facing down as you place it into the vial. Snap off the stick end, so that it fits inside the vial without bending.

8

Go back to the main instructions for how to package the test kit

Each test kit comes with four unique identical barcodes for a named person. Please follow the main instructions which explain how these labels must be used.

Thank your child for their help