



## COVID-19 Testing Information Sheet

COVID-19 is the illness caused by a new type of Corona Virus. This is a new germ that can get into humans and make us sick. It moves from one person to another and can sometimes live on surfaces. Testing people for the virus will help us learn about what people need to stay safe and healthy.

### What is a COVID-19 test?

The test is to see if your body is sick with the COVID-19 virus. The test will help us keep kids and families safe, just like washing our hands and covering our mouths when we cough or sneeze helps to keep us safe.

The test is called a nasal swab. It is done with a thin stick with a soft end -- It looks like a longer Q-tip.

This is what the swab looks like. It will go into the small tube after the test is done.



### Why do I need a test?

The test is to see if your body is sick with the COVID-19 virus. The test will help us keep kids and families safe, just like washing our hands and covering our mouths when we cough or sneeze helps to keep us safe.

### How does the test work?

- The nasal swab will go in your nostril and will touch the back of your nose.
- Your nurse will count to 10 and will take the nasal swab out.
- This will happen in both sides of your nose. You can pick which side of your nose it goes in first.

It will feel like the nasal swab is reaching the back of your nose. It may make your eyes water, make you cough or make you feel like you need to sneeze. These are normal reactions for our bodies to have.





## PATIENT AND FAMILY EDUCATION

### Helping your child understand COVID-19

Below are some common ways to explain the words your child may have heard on the news or from friends. Being open and honest with your child and using words they can understand is the best way to support them through this time.

#### Virus

A tiny germ that can get into humans or animals and grow. It can move from one living thing to another and can sometimes live on surfaces. Some viruses cause sickness. There are different types of viruses that can make people sick. COVID-19 is a NEW TYPE of coronavirus that has recently been found around the world and is making people sick.

#### Coronavirus

A type of virus that can cause sickness in animals and humans. This kind of virus can make the respiratory tract (organs that help you breathe) sick. The respiratory tract includes your mouth, throat, and lungs. Signs of a coronavirus can include coughing or having a hard time breathing.

#### COVID-19

A type of coronavirus that makes the lungs sick. Symptoms include coughing, having a hard time breathing, and fever. This virus moves from one person to another through germs in the air when a sick person coughs or sneezes. These germs can live on surfaces or hands but can be removed with soap or hand sanitizer.

#### Testing

When someone has symptoms of a sickness, it is important to test to see what illness they have. Testing for COVID-19 includes either a nose swab (q-tip) or a throat swab.

#### Immune System

Your immune system is your body's defense system to keep you healthy. When a virus or bacteria gets into your body, your immune system helps to fight it off. As you get much, much older, your immune system becomes less strong, so it is easier to get sick. Babies

and small children sometimes have weaker immune systems also.

#### Immunocompromised

When someone is immunocompromised, their immune system doesn't work as well as it should. This makes it easier for them to get sick.

#### Vaccine

A vaccine is a tiny sample of a sickness that trains your body's immune system to fight that disease. A vaccine does not include the live germs, so it will not make you sick. After you are vaccinated for something, you cannot get that sickness. There is no vaccine for COVID-19 yet.

#### Pandemic

A pandemic is an outbreak of a disease or sickness around the whole world. The World Health Organization decides what is a pandemic. COVID-19 is a pandemic, because people have been sick with it in many different countries.

#### Quarantine/Isolation

If you are sick, you will be kept away from other people so that they do not also get sick, and to give you time to recover. When this happens, it is called quarantine or isolation. If your symptoms are minor, this can happen at home. If your symptoms get worse, this will happen in a hospital, so doctors can help you feel better.

#### Social Distancing

People are encouraged to reduce contact with each other during a pandemic to stop the sharing of the virus. Social distancing makes sure that healthy people stay away from sick people. Social distancing is done by working from home, closing schools, cancelling large events, and not going to crowded places.

**The best way for you and your child to stay safe and healthy is to use proper hand washing techniques, cover your coughs and sneezes, and limit contact with others.**



## Comfort Holds

Involving a family member in the swab is a great way to make it easier. Here are some examples of ways you can be held. Which one will you choose?

### #1: Sitting Squeeze



- The caregiver will sit facing forward on a chair.
- The child will sit with their back to the caregiver's chest.
- The caregiver can wrap both arms around the child's arms, or can hold both arms with one hand and support the child's head with the other hand.

### #2: Shoulder Squeeze



- The caregiver will sit facing forward on a chair.
- The child will sit with their chest to the caregiver's chest, with their head over the caregiver's shoulder.
- The child can hug the caregiver, their arms underneath the caregiver's arms.
- The caregiver can also support the back of the child's head with one hand, and the body with their other hand.

### #3: Sideways Squeeze



- The caregiver will sit facing forward on a chair.
- The child will sit sideways on the caregiver's lap, with one shoulder tucked underneath the armpit of the caregiver.
- Caregivers can support the child's arms with one hand, and the child's head with the other hand.

### #4: Snuggled Squeeze



- The caregiver will sit on the bed with their legs out in front of them.
- The child will sit in the caregiver's lap.
- The caregiver can support the child's arms by hugging them to the child's body.
- The caregiver can also support the child's legs by wrapping the child's legs in their own, with the caregiver's legs on top.



## Choices for Your Child

### During your test, do you want to...

squeeze your hands together?	hold hands with someone from your family?	squeeze something soft like your coat, a blanket or a stress ball?
		

### After your test is done, do you want to...

color with crayons?	play with a toy you brought from home?	watch a movie?
		