

Test instructions / Booklet

For pupils/students (assisted swabbing)

HOW TO GET YOUR COVID-19 TEST

1 YOUR PARENT(S) OR CARER(S) WILL HAVE GIVEN CONSENT FOR YOU TO TAKE A COVID-19 TEST

2 WHEN YOU ARRIVE, THERE WILL BE SOMEONE TO HELP YOU DO YOUR TEST

3 YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU

4 TO START YOU WILL BE ASKED TO OPEN YOUR MOUTH WIDELY AND SAY 'AHHHH' SO A SWAB CAN BE GENTLY RUBBED ON THE BACK OF YOUR THROAT

5 AFTER 10 SECONDS, YOUR TESTING HELPER WILL CAREFULLY REMOVE THE SWAB AND GENTLY PLACE IT UP ONE OF YOUR NOSTRILS

6 THE SWAB WILL THEN BE TURNED GENTLY 5 TIMES, THIS TAKES ABOUT 10-15 SECONDS

7 AFTER THIS, YOUR SWAB WILL BE REMOVED GENTLY AND PLACED IN A TUBE FOR TESTING

8 YOU CAN ASK YOUR TESTING HELPER ANY QUESTIONS YOU HAVE BUT THAT'S IT, YOU'RE ALL DONE AND YOUR TEST IS COMPLETE

9 YOUR SCHOOL WILL CONTACT YOUR PARENT(S) OR CARER(S) WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT



Please find instructional leaflets in the separate attachment