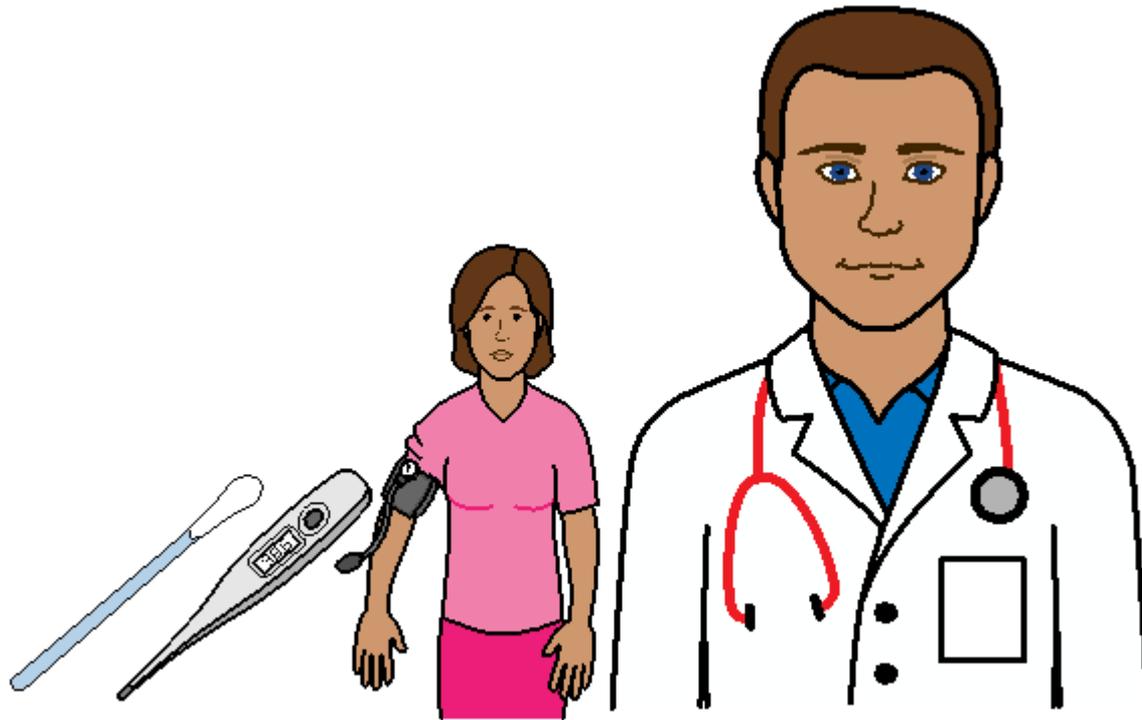
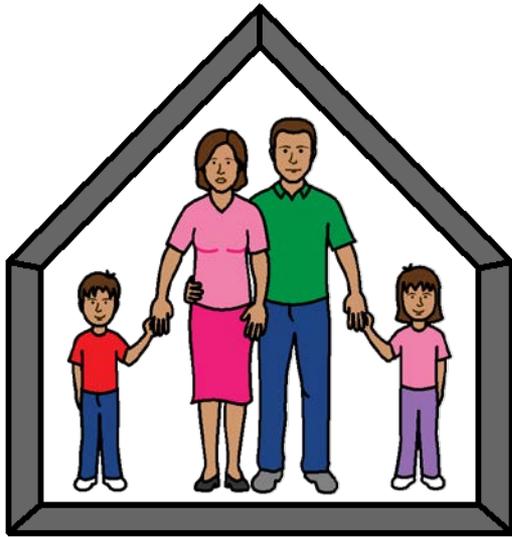


Getting a COVID-19 Test

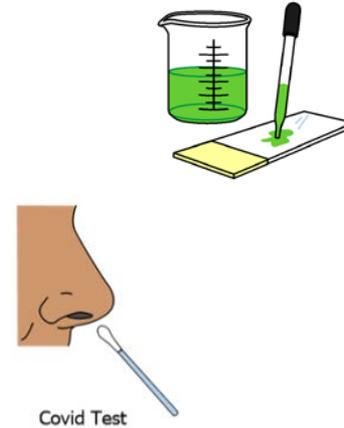
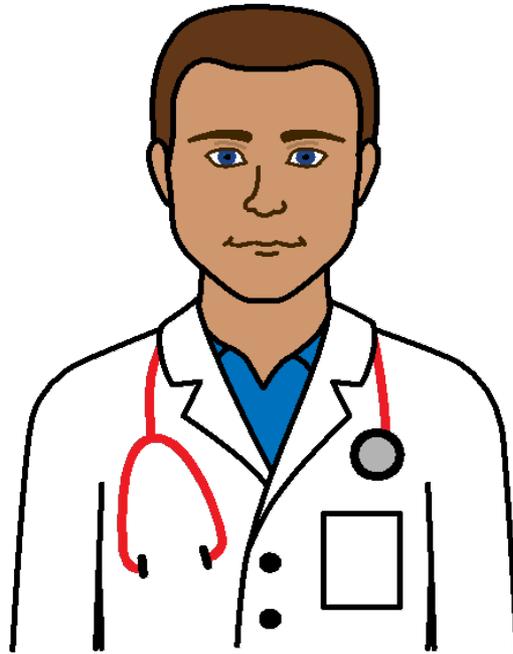




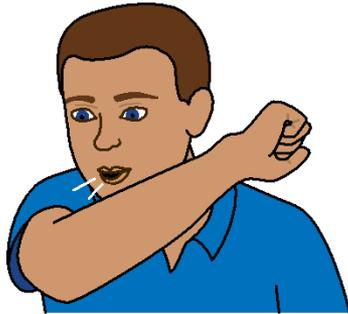
Coronavirus (COVID-19) is the new virus that started last year and made a lot of people sick



To stop spreading the virus, some places have already closed. Many public events have been cancelled too.



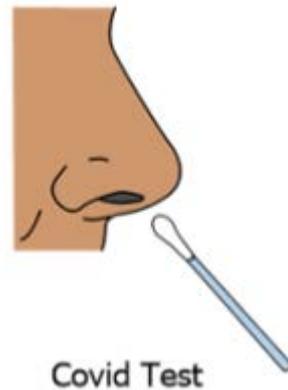
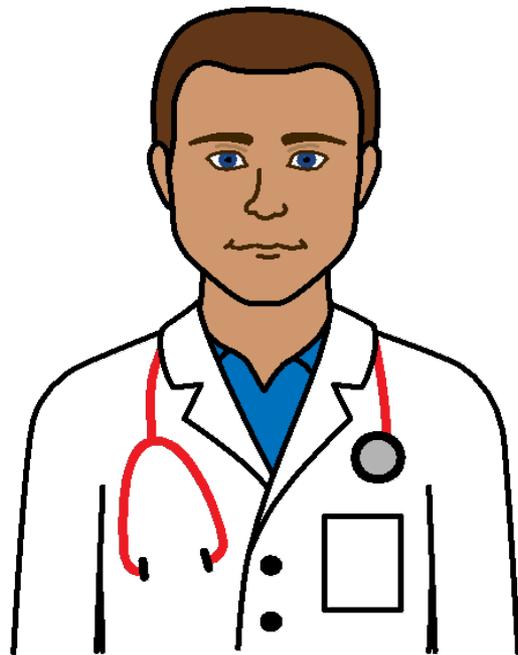
To keep everyone safe, some people will need to have a Covid Test.



If a person is unwell with COVID-19, it can make them cough, feel tired and have a fever. They can also have a sore throat and runny nose.



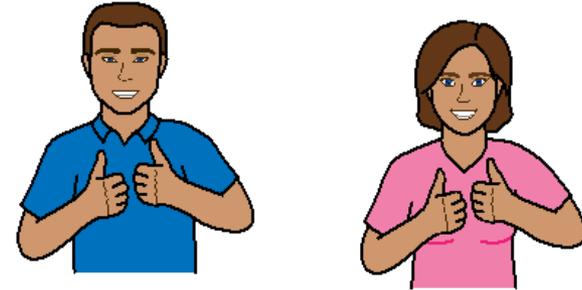
If I feel unwell, I need to have a COVID-19 test. I must then stay home and get better. I do not want anyone else to get sick from me.



1.5m is a safe distance



When I see the doctor or nurse for my COVID-19 test, I will need to wait my turn in a line.

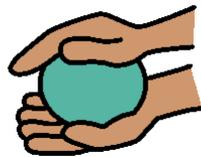


I might wait in the car. There might be lots of people waiting in front of me in their cars.

This is great! It means lots of people are doing the right thing and getting their test.



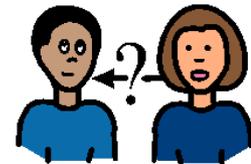
Use an Ipad



Use a stress ball



Read a book

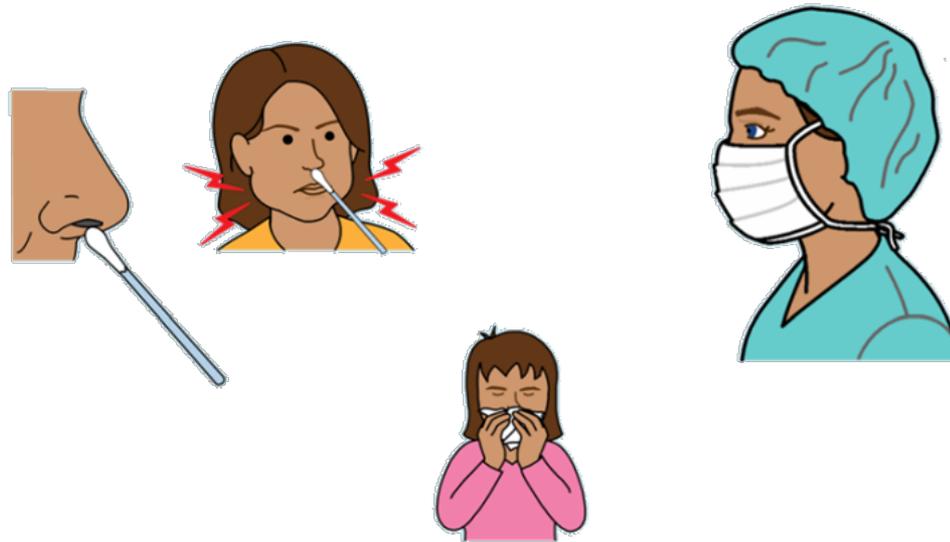


Play a car
game like ISpy

As I wait my turn I can keep myself busy.
Here are some ideas.

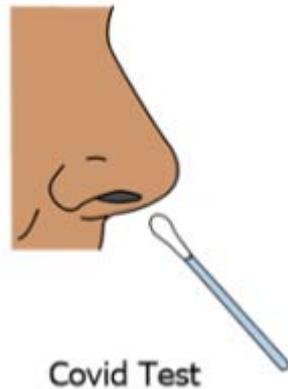


When I see the doctor or nurse for the test, I
will need to stay very still.
The test will be over very quickly.

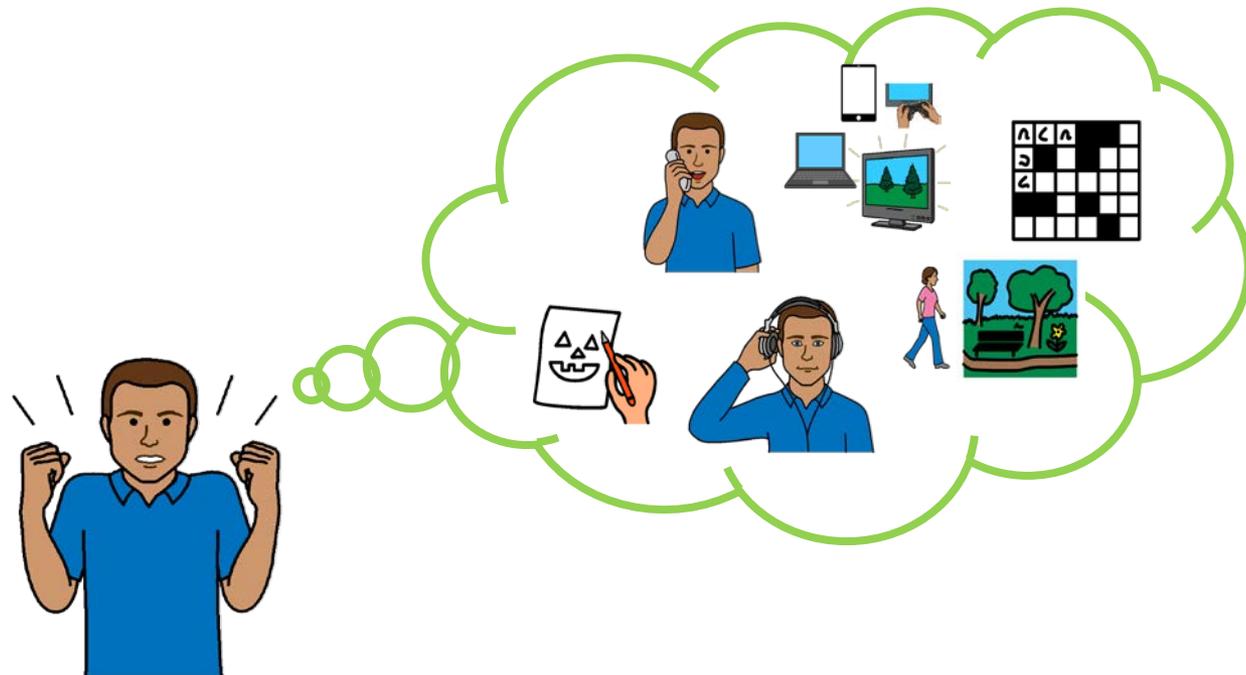


The nurse or doctor might:

- take my temperature and
- put swab in my nose and mouth.



I will need to stay very still.
It may feel strange but its okay, the test is very
quick.
I can blow my nose once its over if I need to.



If I'm upset about feeling unwell or getting the COVID-19 test, that's okay. Everyone feels upset sometimes. I can try do things to help me feel better.



Arts and
crafts



Listen to
music



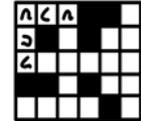
Talk to
someone



Play
games,
watch TV
shows or
movies

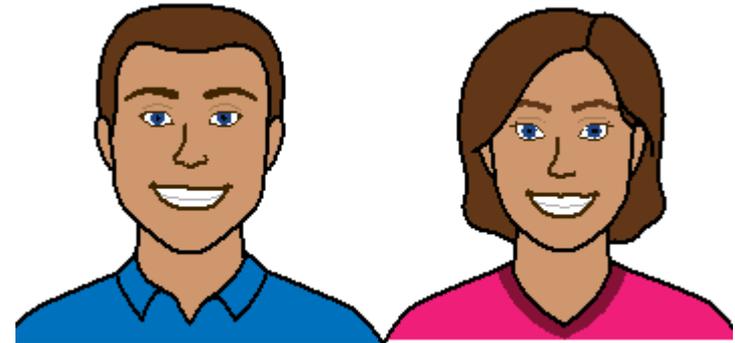
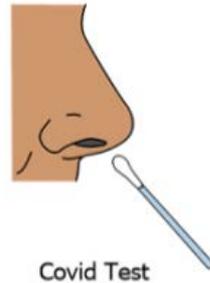
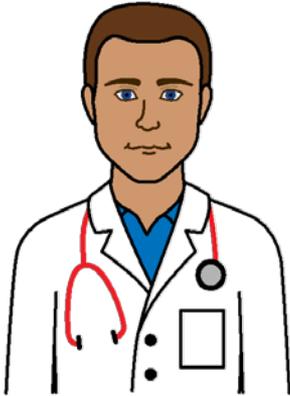


Do
exercise



Do a
puzzle

These are some things I can try to help me
feel better.



Getting the COVID-19 test is very important if I'm unwell. It will help keep me and everyone else safe.



The End.