

A guide to Coronavirus Testing

Look at this poster to help you with your coronavirus test. You can ask an adult if

you don't understand.

FIRST



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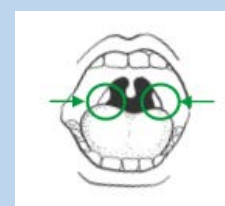


Blow my nose and use hand gel

NEXT



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Get my swab and open my mouth as wide as I can. Carefully put the swab in my mouth and touch the back of my throat on the tonsils. Touch them 3 times. It doesn't hurt but it may tickle. I can use a mirror to help me.

THEN



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Put the **SAME** swab up my nostril and gently twist it around 5 times. I need to push it up my nostril until it stops. This might feel uncomfortable but it will be over quickly.

LAST



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Put my swab carefully into the special tube the adult has prepared for me. Make sure I do not touch the fluffy end of the swab. The adult will then check my test for me and let me know the result in 20-30 minutes.

Remember to wash your hands after and put your face mask back on.

Well done for completing your coronavirus test