



Having a COVID Test



If you are feeling poorly, you might need to have a COVID test.



The COVID test is to keep you and everyone safe.



Your mum, dad or an adult from home will help you to have



your test.



You might have your test:



at home

or

in the car

or

at a test centre.



When you have your test, an adult will help you to wash



your hands and blow your nose.



First, you will need to open your mouth wide.



Next, an adult will rub your throat with something called



4x

a swab 4 times.



Then, an adult will rub your nostril with the swab for

10



about 10 seconds.



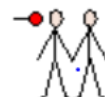
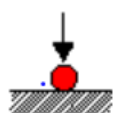
After that, your test is finished.



If you feel worried it is OK. Your mum, dad or an adult from



home will be with you to keep you calm.



Here are some photos of a boy and girl having their COVID test:

