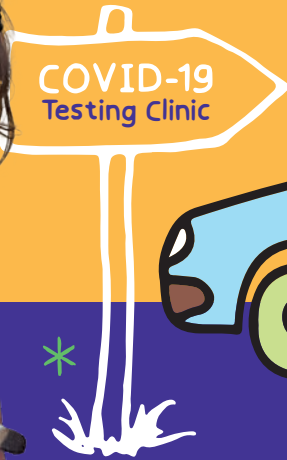





Health
Western Sydney
Local Health District

Going to a COVID-19 Testing Clinic








What happens when I go to a **COVID-19** Testing Clinic?



* This booklet was developed by
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Western Sydney Local Health District.

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If I have a fever,
sore throat, a cough,
or runny nose, I need to
have a coronavirus test,
also called a COVID test.



There are different places
you can go for the test:



A testing
clinic that
sees children



A drive-through
clinic where you
stay in your car!



or
your doctor



Only one parent or carer can go with me.
If I have a sick brother or sister, they
can get tested with me too.



Before I have a test, I might feel lots of different emotions.
I could be:



Worried



Scared



Curious

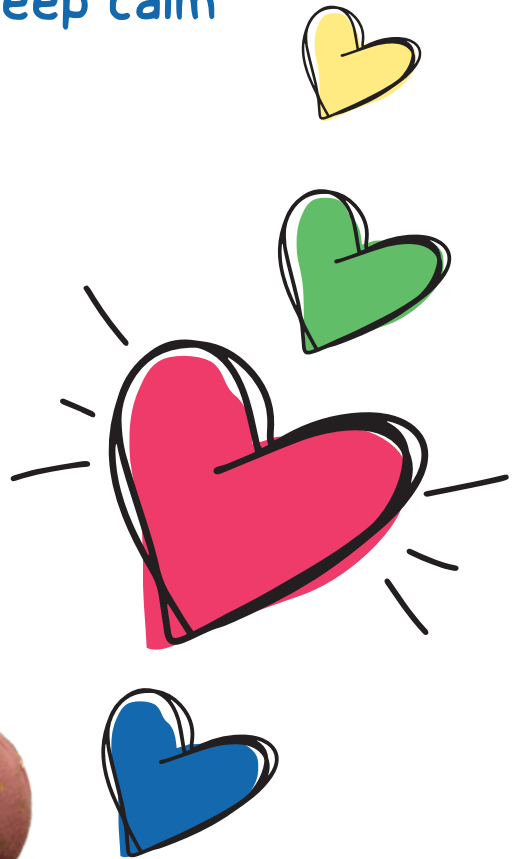


Calm and
Confident

If I feel worried or nervous,
I can take some slow deep breaths.

I can bring my favourite toy to
cuddle or squeeze in my hands
while I am having the test.

This will help me keep calm
and my body still.



Before my test, I can talk to mum, dad or another grown up about how I feel. I can ask them any questions I might have.



When I arrive to get my test,
the nurses will be wearing a mask,
gown and gloves.



This helps protect the nurses
from catching germs or spreading
germs to other people.





I will wash
my hands with
hand cleaner
(sanitiser), just
like at school
or preschool.



I will be given
a mask to wear,
just like the nurses
are wearing.*



A nurse
might take my
temperature
by holding a
thermometer
near my forehead.



A nurse will ask me questions about how I am feeling.

They might look in my ears and my mouth, and listen to my breathing and my heart.



The nurse will do two very quick tests using a swab. *



A swab is soft and looks just like a long cotton bud.



The swab will go gently inside my mouth.
Next, another swab will go gently inside my nose.



The swab does not hurt, but it might feel a bit strange. It might make me feel like I want to cough or sneeze.

My parent or carer will be there to help me.

My job is to stay very still like a statue. I can play the statue game!



3,

2,

1...

Done!

Even Horsey was brave and had a swab too!





Now my test
is done and it is
time to go home.

Well done, I did it!

I must go straight
home after my test
and stay at home
until I get my test
results and I feel
better again.



Now I know all
about having a
Coronavirus test.







Join Georgie as she goes to a COVID-19 Testing Clinic.

Where does she go? Who will she meet?
What will she learn?

Find out by following Georgie along her COVID-19 test journey.

PARENTS/CARERS: Please have your child tested for COVID-19 at the first sign of symptoms, even if symptoms are mild.



Local COVID-19 information, including **TESTING CLINICS:**

Western Sydney COVID-19 Community Resources: www.wslhd.health.nsw.gov.au/covid-19wellbeing



Healthy Kids Western Sydney: www.wslhd.health.nsw.gov.au/Healthy-Children



Sydney Children's Hospitals Network: www.schn.health.nsw.gov.au/covid-19-information



This booklet is designed to help explain the COVID-19 testing procedure children may experience at a Western Sydney COVID-19 testing clinic. The testing process may differ depending on symptoms experienced and individual testing clinic procedures. All information in this booklet is accurate at the time of publication.

