

COVID-19 testing for older kids

This handout explains what will happen when you visit the Markham Stouffville Hospital COVID-19 Assessment Centre. Please read and share with your child.



Why do I need to be tested for COVID-19?



Your doctor, nurse or caregiver has decided to check if you have COVID-19 as part of a check-up before a planned hospital visit or because you were close to someone who has COVID-19. You can be tested even if you don't feel sick.

What is a COVID-19 swab?

A nasal swab - called a nasopharyngeal swab - test done by a nurse to gather some of your mucus (or boogers) from deep inside your nose. It contains cells that can provide clues about what is happening inside your body.

1



You will be asked to sit very still and lift your head up to look at the ceiling.

2



The nurse will put a long, thin swab into your nose and gently wiggle it around for about ten seconds.



What does a swab feel like?



A swab can feel a bit uncomfortable or like a funny tickle inside your nose, but it will be over quickly. It might make your eyes water or make you feel like sneezing. You can ask for a tissue if you need to blow your nose or wipe your eyes.



Personal Protective Equipment (PPE)

You will be asked to put on a mask when you arrive for your test. The nurse will also wear a mask plus a gown, gloves and face shield to keep you both safe from each other's germs.

How you can help during your swab

- Sit up tall and hold still
- Look up to the sky
- Take slow, deep breaths

How you can make the swab more comfortable

- Hold someone's hand or ask your caregiver to sit beside you
- Watch a video or play a game on a phone or tablet
- Listen to music
- Wiggle your toes or fingers to help distract you

