

Supplement instructions and tips:

# How to test on a child

*'Ahhhhhhh...'*



## Important

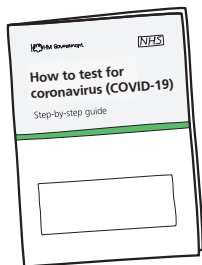
- Do not conduct this test if you do not feel confident.
- Do not continue the test if the child has any pain or asks to stop.
- If for any reason you can't do the test, please continue to self-isolate as a household.
- The fabric tip of the swab must not touch anything apart from the tonsils at the back of throat and nose. If it touches anything else, it may spoil your sample.

# Preparing to take the sample

- **Remain calm and confident** as you go through the process. This will help the child to stay calm too.
- **Talk through the steps together.** If possible, practice without using any of the testing materials.
- If the child is old enough, **explaining the test in terms they can understand** might help ease any fear. For example, “You may want to push the swab away but it is really important you let me tickle your throat and nose so that we can tell if you might have coronavirus”.
- For younger children, it may be helpful to **give them a distraction** while you conduct the test (such as a video), or make it into a game. You could also plan a reward for the child after the sample is taken.
- If possible, have the child sit on someone’s lap or have someone hold their hand to **try making them feel more comfortable and secure.** Decide before starting who will comfort the child and who will do the test.
- **Play games and suggest they stick their tongue out** (get them to copy you), then get them to say ‘ahhhhhhhhhh’. Show them the swab stick and have them keep saying ‘ahhhh’ while you swab their tonsils.
- Your **child may have some gagging or brief discomfort** when the swab touches their tonsils. This is normal for all age groups.
- Enter the following in your browser to watch a video on how to test a child:  
[youtu.be/Xaw8DsF2lgc](https://youtu.be/Xaw8DsF2lgc)



# Taking the sample



1

## Follow the main instructions on taking a swab sample.

Use the main instructions you have been given to see what to do before and after swabbing your child.

2

Explain what you are going to do before you swab the tonsils and nose.

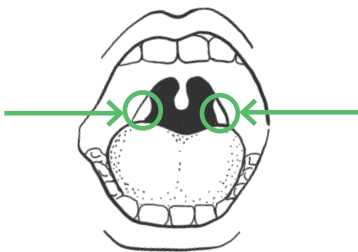


3

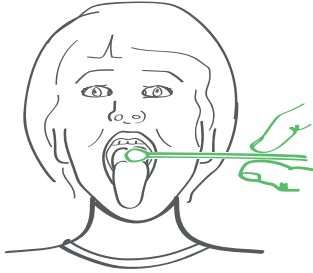
Ask the child to blow their nose into a tissue. This is so that excess mucus does not interfere with the test. Throw the tissue away in a closed bin.

4

Look inside the child's mouth, and find their tonsils at the back of the throat. You may use the torch on your phone to help you. This is where you will swab the sample.



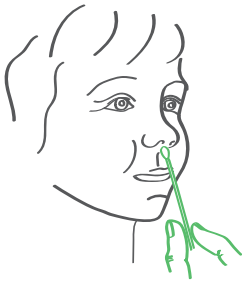
If you cannot swab their tonsils, you can swab both of their nostrils instead.  
*Note: The result may be less accurate than a nose and tonsil swab.*



5

Hold the swab in your hand, ask the child to open their mouth wide and tilt their head back. Gently rub the swab over both tonsils and the back of the throat for **10 seconds** (use the torch on your phone to help you to see)

Remove the swab from the back of the throat.

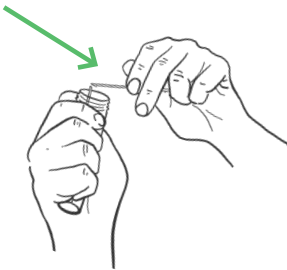


6

Put the same end of the same swab gently into one of their nostrils until you feel some resistance.

Rotate the swab for **10-15 seconds** and slowly remove it.

If you did not swab the tonsils, swab both nostrils for 10-15 seconds each.



7

Put the swab into the vial. Make sure the fabric tip is facing down as you place it into the vial. Snap off the stick end, so that it fits inside the vial without bending.

Securely screw the lid onto the vial.

**The liquid must stay in the vial.**



Lid not secure



Bent stick



Too short



8

**Go back to the main instructions for how to package the test kit and further information on registering and sending the test to the lab.**

**Thank your child for their help.**

## Get help if you're worried

If at any stage over the next few days, you, or someone you live with gets worse, or your symptoms do not get better after 7 days, **visit NHS 111 online [111.nhs.uk](https://111.nhs.uk)**.

**Call 111 if you cannot get help online.**

**In a medical emergency, dial 999.**

Visit [111.nhs.uk/service/COVID-19/](https://111.nhs.uk/service/COVID-19/) to check if you have coronavirus symptoms. Find out what to do next, and if you can look after yourself at home or need to get medical help.

## Coronavirus in children

**Visit NHS 111 online [111.nhs.uk](https://111.nhs.uk) or call 111 if you're worried about a baby or child with symptoms.**

If the baby or child seems very unwell, is getting worse, or you think there is something seriously wrong, **call 999**.

Do not delay getting help if you're worried. Trust your instincts.

Get more advice about coronavirus in children at:

[nhs.uk/conditions/coronavirus-COVID-19/coronavirus-in-children](https://nhs.uk/conditions/coronavirus-COVID-19/coronavirus-in-children)



## Need help?

If you have any questions or problems with **this test kit**, please call us:

- England, Wales and Northern Ireland: call **119** (free from mobiles and landlines)
- Scotland: call **0300 303 2713** (charged at your standard network rate)

Lines are open everyday, **7am to 11pm**.

## Thank you for supporting us.

Please keep this booklet as a record of your test.