HOW TO GET YOUR COVID-19 TEST

1. Your COVID-19 test will be scheduled. If you are under 16, your parent/carer will have consented.

2. When you arrive, someone will be there if you need help.

3. Your test will be fast and while it might feel a little uncomfortable, it won’t hurt you.

4. To start, you will be asked to open your mouth widely and say ‘ahhhh’ so a swab can be gently rubbed on the back of your throat.

5. After 10 seconds, your testing helper will carefully remove the swab and gently place it up one of your nostrils.

6. The swab will then be turned gently 5 times, this takes about 10-15 seconds.

7. After this, your swab will be removed gently and placed on a pad for testing.

8. You can ask your testing helper any questions you have but that’s it, you’re all done and your test is complete.

9. Your school/college will contact you or your parent/carer with the results and let you know what happens next.
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