

# 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.



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



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

