COVID-19 testing for younger kids

This handout explains what will happen when young patients come to the COVID-19 Assessment Centre at Markham Stouffville Hospital.

Why do I need to get a nasal swab?

Your doctor or nurse has decided that you need a nasal swab to check if your body is sick. You can be tested even if you don't feel sick.

What is a nasal swab?

A nasal swab - called a nasopharyngeal swab - is a test done in your nose by a nurse.

Your nose is like a cave and inside that cave is something called mucus (or boogers). Inside your boogers are important things called cells that can tell us what is happening inside your body, like if you are sick.

What will happen during a nasal swab?

1 The nurse will ask you to sit up nice and tall, and lift your head to look up to the sky.

2 Next, they will put a long, thin, bendy Q-Tip gently in your nose and wiggle it around, count to ten and take it out.

What does a swab feel like?

A swab can feel like a funny tickle inside your nose. 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.

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 tall and hold still like a statue

• Look up to the sky

• Count to five out loud with your nurse

• Take slow, deep breaths

How you can make the swab more comfortable

• Hold your caregiver's hand

• Watch a video or play a game on a phone or tablet

• Wiggle your toes or fingers to help distract you

How caregivers can help

Speak in a calm and soothing voice

Provide encouragement and praise success

Hold your child on your lap

MARKHAM STOUFFVILLE HOSPITAL

Adapted from Trillium Health Partners