

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 IN A VIAL 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



YOU WILL HAVE YOUR RESULT WITHIN 20-30 MINUTES, YOU WILL BE TOLD WHAT TO DO NEXT