

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 YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT