Does your child need a COVID-19 test?

**BEFORE**

**Prepare your child**
Let your child know:
- the test will take 20-30 seconds
- nurses and doctors will be wearing masks and gowns
- you will stay with them
- the test will be easier if they can stay super still

**Distract your child**
Before the test your child can:
- sing or listen to a song
- play with a favourite toy
- watch a video
- play a game on a mobile device

**DURING**

**Use comfort positioning**
Have your child:
- sit in your lap facing outward while you hug them or put your arm around them
- lean into you and close their eyes
- take deep belly breaths

**AFTER**

**Help make positive memories**
After the test:
- tell your child what they did well, like taking big breaths or staying still

**HELPFUL VIDEOS**
https://bit.ly/3k7A4A0