

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/2GKj3xg>

<https://bit.ly/2FwcjSZ>

<https://bit.ly/3k7A4A0>

