



# Step by step to the COVID test



I need to have a test.

This is to make sure I don't have a virus that could be making me sick.

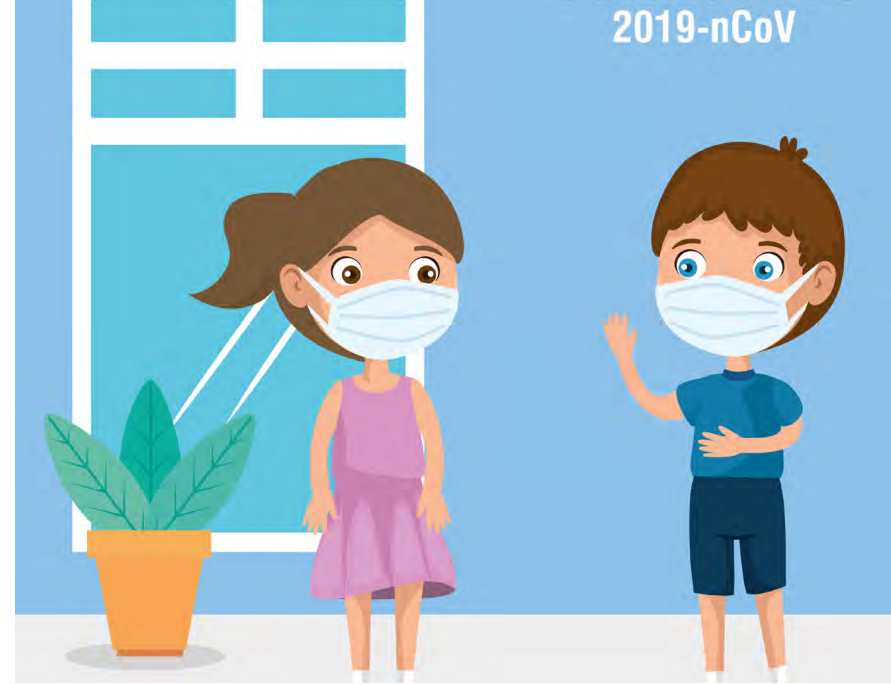


I will need to go to a special place to have the test.

This will be a hospital or another building.

I may not even need to get out of the car. The testing person may come to me, and do the test through the car window.





If I don't have the test in my car I will go into a room in a building.

I will need to wear a mask over my mouth and nose.



The mask might feel a little uncomfortable but it will help keep me safe and others too.





Waiting can be difficult sometimes.

What could we do together while we wait?



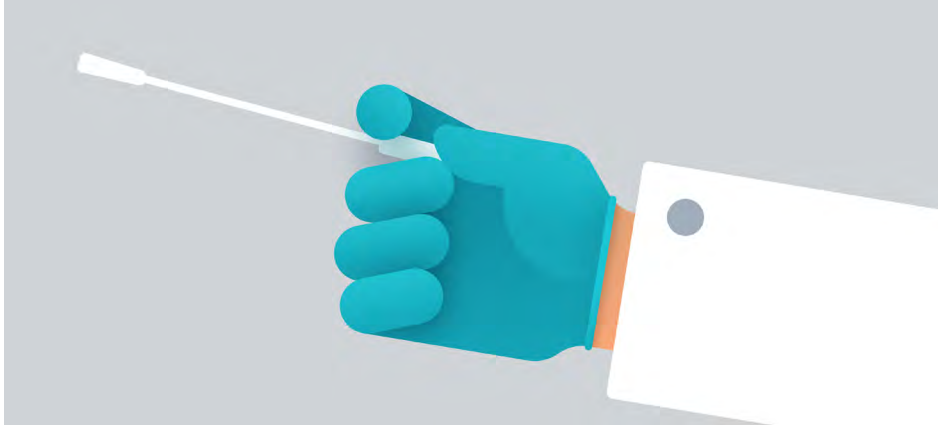
I will need to wait my turn. I will wait in the car or inside the room.



Next is my turn. The person testing me will be wearing a special gown and gloves, as well as a mask.



They wear this equipment to keep themselves, and all of us, safe.



I am feeling a bit nervous - what could I hold?



The person testing me will need to place a cotton stick in my mouth and nose.

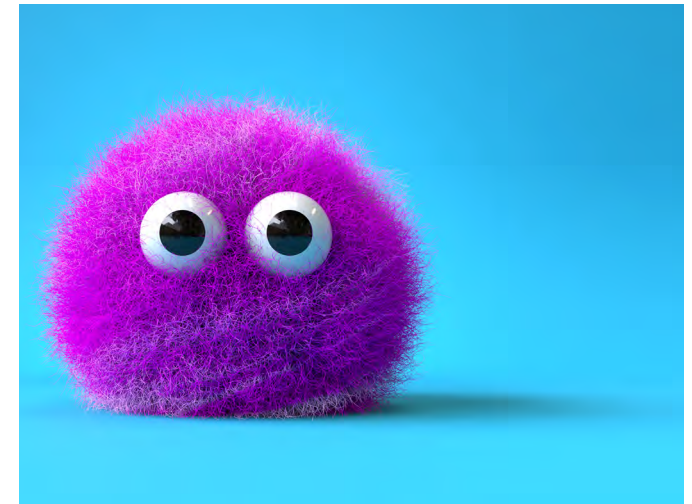


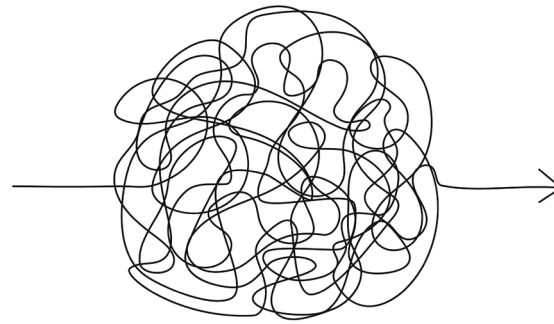
I might also hold and squeeze something when I have the test



This may feel tickly and uncomfortable.

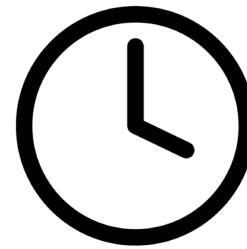
You may feel like you have to cough or sneeze





It will be over quickly - the test is quicker than the time it takes to tie your shoe laces

Having the test can be a bit scary but it means you are helping keep everyone safe



Now the test is finished you can go home.  
You did it - WELL DONE