

Preparing Youth for COVID-19 Testing

COVID-19 testing helps detect the SARS-CoV-2 virus early, which causes the COVID-19 infection. Review the information below about testing for COVID-19 to learn how to help reduce common fears seen in children, ages 5-12 years.



Communicate *(Communication avoids surprises and explains the process)*

- What the test is and [why it is needed](#).
- What will happen during the test.
- What the testing staff may look like.
 - Let the child know that the doctors or nurses will likely be wearing masks or face shields.
- [Where the test will take place](#) (for example, a medical clinic or school).



Comfort *(Comfort creates a safe place for testing)*

- Remain calm and help the child find a comfortable position.
 - For a nasal swab, hold the child or reassure them with a calm, physical presence and soothing words.
- Practice keeping still and change the child's focus.
- Have the child pick something else to focus on, like a video, favorite music, or special toy. Practice this strategy before and during the nasal swab to make it go quickly and easily.



Stay Home *(Staying home helps slow the spread of COVID-19)*

- [Centers for Disease Control and Prevention](#) (CDC) recommends staying away from others (i.e., [isolation](#)) pending test results and following the advice of a health care provider or a public health professional.
- If the child received a positive result:
 - Follow [cleaning and disinfecting recommendations](#) from the CDC to prevent the spread of COVID-19.
 - If possible, the child and their primary caregiver should stay in a [separate room or another area of the house](#), away from other household members. They should also use a separate bathroom.
 - Try to limit the number of adults caring for the child.

For more information on COVID-19 testing, please visit:
coronavirus-sd.com/testing