

Preparing Youth for COVID-19 Testing

COVID-19 testing allows for early detection of SARS-CoV-2, the virus that causes COVID-19. Review the information below to learn how to help reduce fears about testing children for COVID-19.

Communicate



- What the test is and [why it is needed](#).
- What will happen during the test.
 - Avoid surprises and explain the process of the test.
- [Where the test will take place](#).
 - For example, a medical clinic or school.
- What the test administrator may look like.
 - Let the child know that providers will likely be wearing masks or face shields.

Comfort



- Remain calm and 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



- [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:
 - Notify the school so they can start working with the County to begin [case investigation](#) and [contact tracing](#).
 - 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

