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.
  o Avoid surprises and explain the process of the test.
• Where the test will take place.
  o For example, a medical clinic or school.
• What the test administrator may look like.
  o Let the child know that providers will likely be wearing masks or face shields.

Comfort
• Remain calm and find a comfortable position.
  o 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.
  o 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:
  o Notify the school so they can start working with the County to begin case investigation and contact tracing.
  o Follow cleaning and disinfecting recommendations from the CDC to prevent the spread of COVID-19.
  o 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.
  o Try to limit the number of adults caring for the child.

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