Going to a COVID-19 Testing Clinic
What happens when I go to a COVID-19 Testing Clinic?

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If I have a fever, sore throat, a cough, or runny nose, I need to have a coronavirus test, also called a COVID test.
There are different places you can go for the test:

- A testing clinic that sees children
- A drive-through clinic where you stay in your car!
- or your doctor

Only one parent or carer can go with me. If I have a sick brother or sister, they can get tested with me too.
Before I have a test, I might feel lots of different emotions. I could be:

- Worried
- Scared
- Curious
- Calm and Confident
If I feel worried or nervous, I can take some slow deep breaths. I can bring my favourite toy to cuddle or squeeze in my hands while I am having the test. This will help me keep calm and my body still.
Before my test, I can talk to mum, dad or another grown up about how I feel. I can ask them any questions I might have.
When I arrive to get my test, the nurses will be wearing a mask, gown and gloves.

This helps protect the nurses from catching germs or spreading germs to other people.
I will wash my hands with hand cleaner (sanitiser), just like at school or preschool.

I will be given a mask to wear, just like the nurses are wearing.*

A nurse might take my temperature by holding a thermometer near my forehead.

*For parents/carers: Children under 3 would not wear a mask.
A nurse will ask me questions about how I am feeling.

They might look in my ears and my mouth, and listen to my breathing and my heart.
The nurse will do two very quick tests using a swab.

A swab is soft and looks just like a long cotton bud.

The swab will go gently inside my mouth. Next, another swab will go gently inside my nose.
The swab does not hurt, but it might feel a bit strange. It might make me feel like I want to cough or sneeze.

My parent or carer will be there to help me.

My job is to stay very still like a statue. I can play the statue game!

3, 2, 1... Done!

Even Horsey was brave and had a swab too!
Now my test is done and it is time to go home.

Well done, I did it!

I must go straight home after my test and stay at home until I get my test results and I feel better again.
Now I know all about having a Coronavirus test.
Now I know all about having a Coronavirus test.
Join Georgie as she goes to a COVID-19 Testing Clinic.

Where does she go? Who will she meet? What will she learn?

Find out by following Georgie along her COVID-19 test journey.

PARENTS/CARERS: Please have your child tested for COVID-19 at the first sign of symptoms, even if symptoms are mild.

Local COVID-19 information, including TESTING CLINICS:


Healthy Kids Western Sydney: www.wslhd.health.nsw.gov.au/Healthy-Children


This booklet is designed to help explain the COVID-19 testing procedure children may experience at a Western Sydney COVID-19 testing clinic. The testing process may differ depending on symptoms experienced and individual testing clinic procedures. All information in this booklet is accurate at the time of publication.

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