

Preparing Your Child for COVID-19 Testing

If your child's healthcare provider has recommended testing for the new coronavirus (COVID-19), you may want to consider preparing them ahead of the experience.

During this time of uncertainty, it's important to provide honest information to increase your child's sense of security.

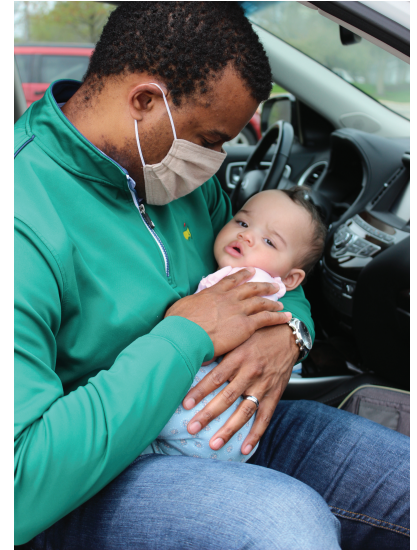
1. First, review this simple language you can use to talk with your family about the new coronavirus.
2. You'll also want to prepare your child for what the medical staff will be wearing and why.
Suggested language: "You will see people wearing gowns, gloves and masks. This is to help keep everyone as safe as possible."
3. Prepare your child for what the Q-tip used to collect the sample will look like and what it will be used for.
Suggested language: "Someone will use a long Q-tip to rub the inside of your nose for about 10 seconds. This Q-tip will be sent to a doctor who will learn how to help your body."



Continued on back.

4. When the test is performed with your child in the car or car seat:

- If you are able to sit next to your child during the swabbing it will give them a sense of comfort. After the test is completed it might be helpful to pull over in a safe place and comfort your child.



5. You may want to make a plan to help your child cope during the test. Validate your child's feelings. Consider saying, "It's OK to feel upset about this. Let's figure out a way we can get through this together."

Suggested coping options: Listening to soft music, counting, deep breathing, cold drink for afterward

- Focus on things your child has a choice in. For example, "What could we bring with us to help?"

Suggested items to bring: Electronic device, favorite blanket, stuffed animal, favorite book or toy

- Let your child know that it's OK to not like getting the test, but that they need to hold as still as possible.

Suggested language: "Try to hold your head still like a soldier.", "Let's pretend we've been frozen like Elsa." "It's important to keep your head, arms and legs as still as possible."

Reference: <https://www.chop.edu/health-resources/preparing-your-child-drive-thru-covid-19-testing>