

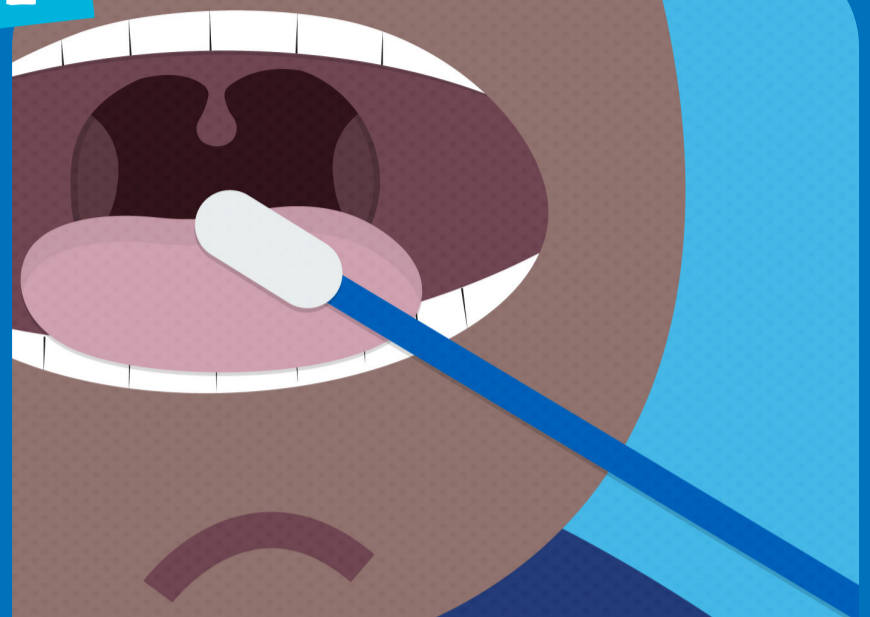
HOW TO GET YOUR COVID-19 TEST

1

YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED. SOMEONE WILL BE THERE IF YOU NEED HELP



2



YOU'LL OPEN YOUR MOUTH AND SAY 'AHHHH', SO THAT A SWAB CAN BE RUBBED AT THE BACK OF YOUR THROAT, IT MIGHT FEEL A LITTLE UNCOMFORTABLE BUT IT WON'T HURT
(ONLY 2.5CM/1 INCH)

3

THE SWAB WILL BE REMOVED CAREFULLY AND WILL THEN BE PLACED GENTLY UP ONE OF YOUR NOSTRILS



4

THE SWAB WILL THEN BE TURNED GENTLY 5 TIMES, THIS TAKES ABOUT 10-15 SECONDS



5

AFTER THIS, YOUR SWAB WILL BE REMOVED GENTLY AND PLACED ON A PAD FOR TESTING



6

THAT'S IT, YOU'RE ALL DONE AND YOUR TEST IS COMPLETE. YOUR SCHOOL WILL LET YOU AND YOUR PARENT OR CARER KNOW WHAT HAPPENS NEXT



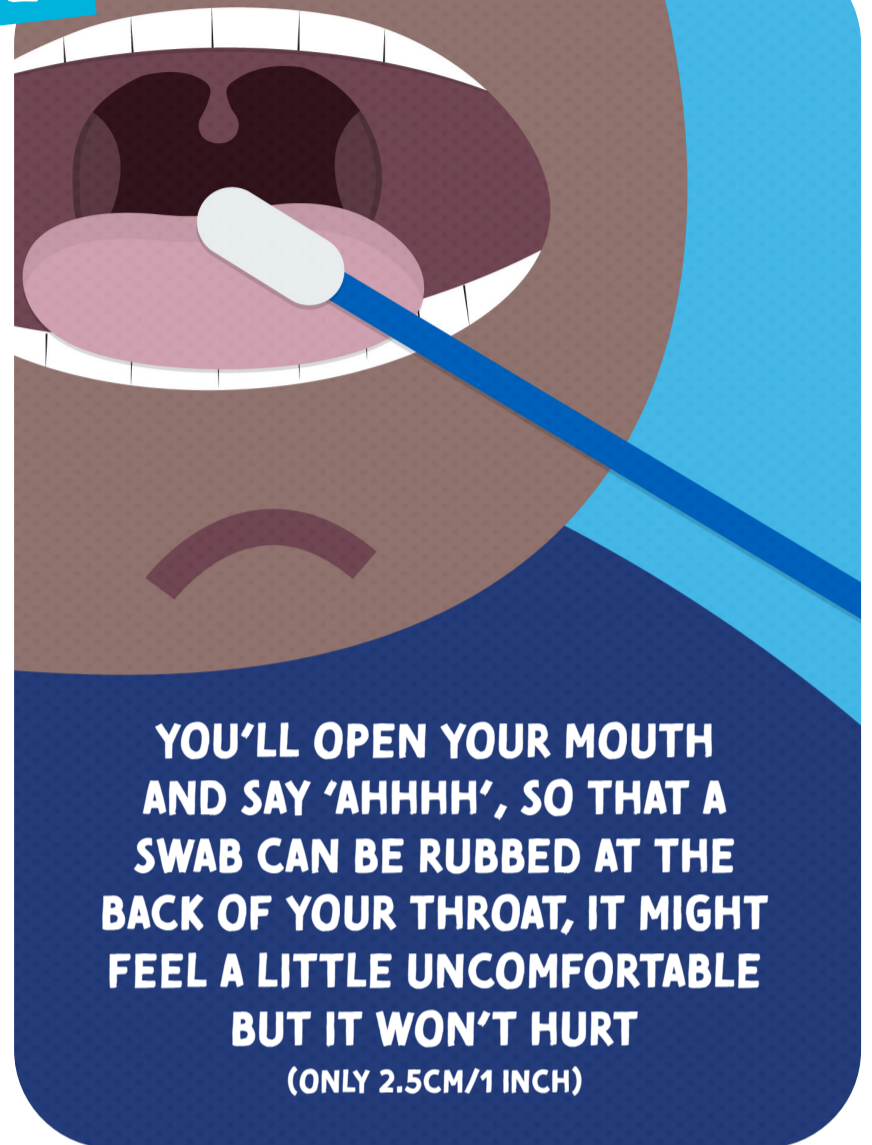
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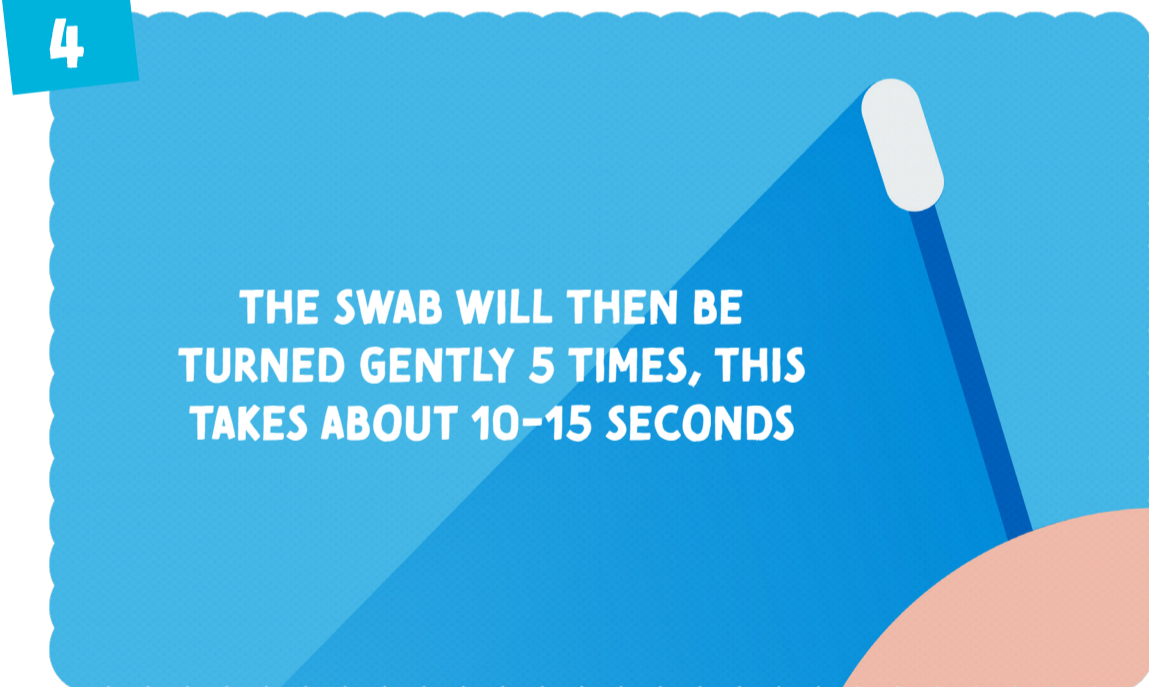
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