

Preparing your child for a COVID-19 test

Talk to your child about what to expect when they have a COVID test. This can help to reduce their fear and stress, and make it easier to do the test.

- Use this sheet as a guide
- Use child-friendly videos like these from [B.C. Children's Hospital](#) and [SickKids](#)
- Look at a social story like [this](#) with your child

Before the test, explain:

Why they need to have a COVID-19 test

Give them simple and honest information. You can say something like, "COVID is a virus sort of like the flu or a cold. If you are feeling sick or you have spent a lot of time with someone who has the virus, you need to have a test to check for it."

What they will see

Tell your child that they will see people wearing blue or yellow gowns, masks, gloves, and face shields. These clothes help to keep everyone safe, but they can be scary for your child.

How it will feel

Explain what will happen. You can say: "They will put a soft bendy Q-tip inside your nose. It might feel uncomfortable, but it will be over quickly. Some kids say their eyes water or they feel like they are going to sneeze. It's important to stay as still as you can."



During the test:

To help younger children, cuddle them firmly in your lap and hold their hands. Holding them tight helps to comfort and calm, and helps them stay still during the test.

Try to distract your child to reduce their stress. For example, they can:

- Squeeze your hands or their favourite toy
- Hum or sing a song
- Make an animal roar sound
- Wiggle their toes as fast as they can
- Listen to music or watch a video on your phone

Our team will help you and your child as best as we can. However, if a child is too upset to keep still, it may not be possible to complete the test.