

COVID-19 TESTING TENTS

What Teens Should Expect

WHO WILL YOU SEE AT THE TENT?

Nurses will be at the testing tents dressed in protective gowns and masks to keep themselves and others safe.

WHAT IS A COVID-19 TEST?

The nurses will use a nose swab to check your body for COVID-19 germs.

HOW IS THE TEST DONE?

You will stay inside your car to be tested.

The nose swab goes into your nose and rubs the inside.

You may need to tilt your head up a little bit.

WHAT HAPPENS NEXT?

After the nurse is done with your swab, they will put it into a tube and send it to the lab.

The workers in the lab will look for COVID-19 germs on your swab.



**THIS IS A PICTURE OF
THE NOSE SWAB THE
NURSE WILL USE.**

COVID-19 Tent Testing Preparation

What Children Should Expect

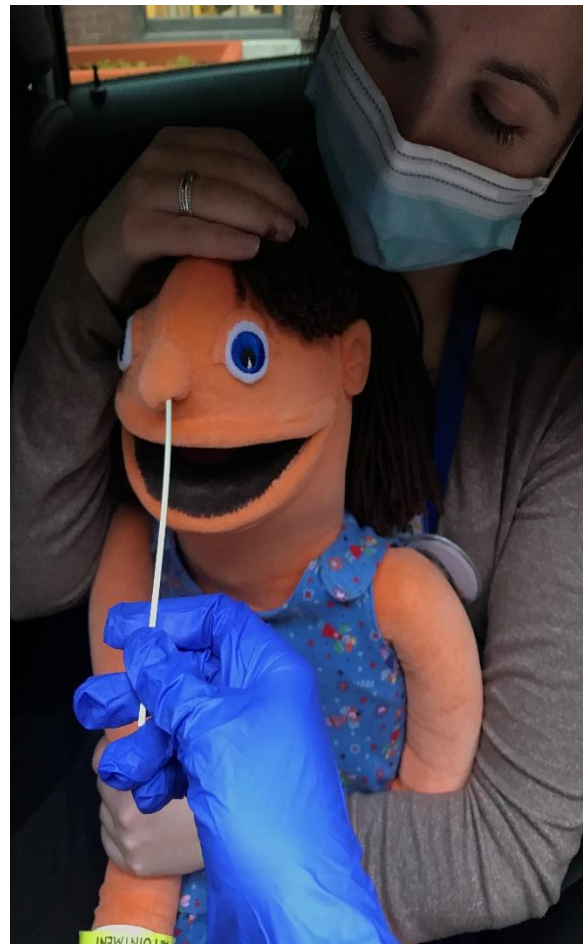
1. Nurses are here to take care of you! You will see them wearing masks and protective gowns.

This picture shows how Laney is sitting still with her mom!

2. The nurse will use a nose swab to check your nose for COVID-19 germs.

3. The nurse will put the swab into your nose and rub the inside. Some kids say they can feel the swab in the back of their nose. You may need to tilt your head up a little bit.

4. You will stay in your car to get your test. Your family member might get in the back seat with you to help you stay still. Look how Laney is sitting still in the car while she gets her nose swabbed!



COVID-19 Tent Testing Preparation

What Children Should Expect

Children may perceive this as an invasive and/or scary procedure. Here are some ways you can help them understand what to expect and a few options to encourage positive coping. Even with time constraints, you can optimize this experience for kids.

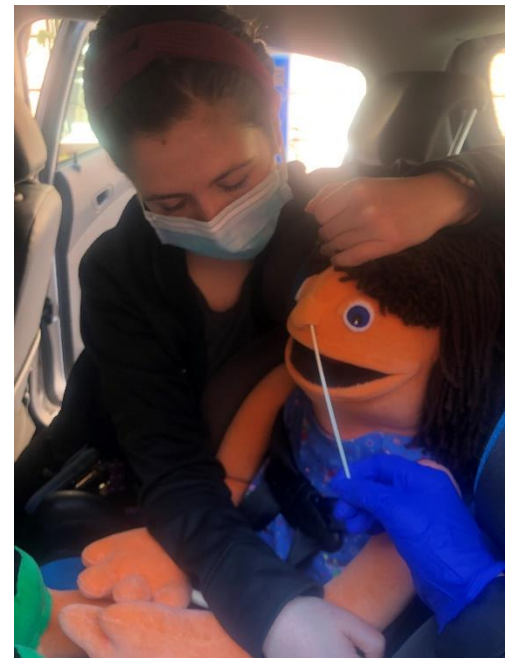
Here are some choices to offer to children:

- Close their eyes or keep them open
- Hold someone's hand or their favorite toy
- Count "1, 2, 3" before the swab
- Choose a favorite song to listen to

If you think that the child may be unable to stay still on their own, you can suggest a comfort hold.

A comfort hold is a certain way to position a child that is emotionally comforting while also securing their body for easier testing.

The picture shows an appropriate back to chest comfort hold.





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CHILDREN'S CENTER

COVID-19 Testing Tent Preparation



This book will help you learn about a test you will be getting for something called COVID-19. **COVID-19** is a newly discovered type of **coronavirus**. Some people say it feels kind of like having the flu.

If there is anything you feel confused or worried about, ask an adult you trust.



Some signs of **COVID-19** are coughing, sore throat, fever, and feeling like it is hard to breathe.

Most kids feel better quickly. But, it is still important to get a test if the doctors think you need one.

To get the test you will be visiting something called a "testing tent." Once you are there, the nurses or doctors will use a nose swab to check you for **COVID-19**. The picture below is what you may see.



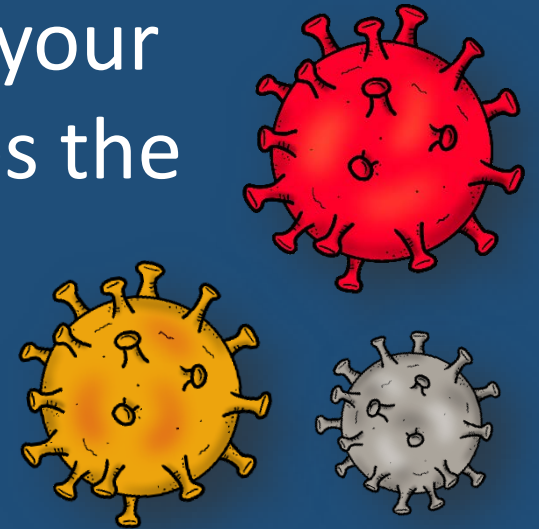


**Nurses and doctors are
here to take care of you!**

You will see them wearing
these masks and yellow
gowns. It protects you and
protects the people taking
care of you so they don't
get sick and can take care
of other kids too!



This is a picture of a nose swab. Some kids say it looks like a long Q-tip. The nurse will use it to check your nose for COVID-19 germs. Your job is to keep your body still. This helps the nurse do their job.



Hi, I'm
Laney!

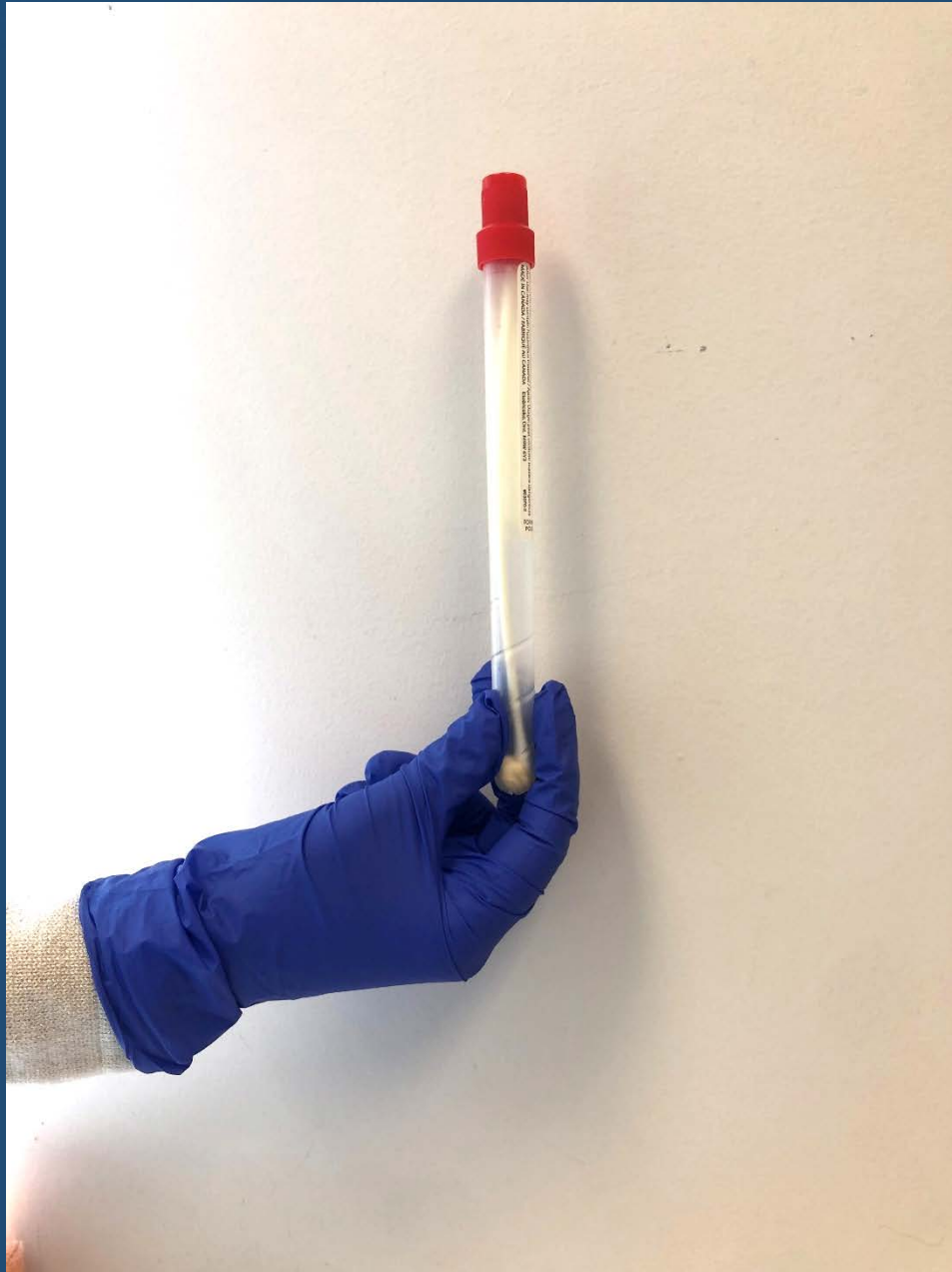


The nurse will put the swab into your nose and rub the inside. Some kids say they can feel the swab in the back of their nose. You may need to tilt your head up a little bit.



The nurse will be done before you count to 10. How do you think it will feel?

Great job staying still, Laney!



After the nurse is done with your swab, they will put it into a tube and send it to the lab. The workers in the lab will look for COVID-19 germs on your swab.

Knowing what germs are making you sick will help the doctors and nurses know how to take care of you.

Now it's your turn to come up with a plan. Let your nurse or parent know what will help.



- Here are some ideas. You can practice what feels best:
- Watch the nurse or close your eyes
- Count “1, 2, 3” before the swab
- Hold someone’s hand
- Take deep breaths in through your nose and out through your mouth



Once the nurse is done swabbing you, you will go back to your apartment/home. In the meantime, try to rest at home. The nurse will let you know your test results as soon as possible. Nurses and doctors will let your family members know how to best take care of you.



Remember, you have a whole team of people here to take care of you!

**Is there anything else you would like to know?
Ask a grown up you trust!**

Created by the Johns Hopkins Children's Center Child Life Program

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