



JOHNS HOPKINS  
CHILDREN'S CENTER

## **Pediatric Emergency Department COVID-19 Testing Preparation**



Sometimes people visit the hospital because they feel sick. To find out why you feel sick, the nurses and doctors will use a nose swab to check for something called **coronavirus** or “**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.

**Who is an adult you can ask?**



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.



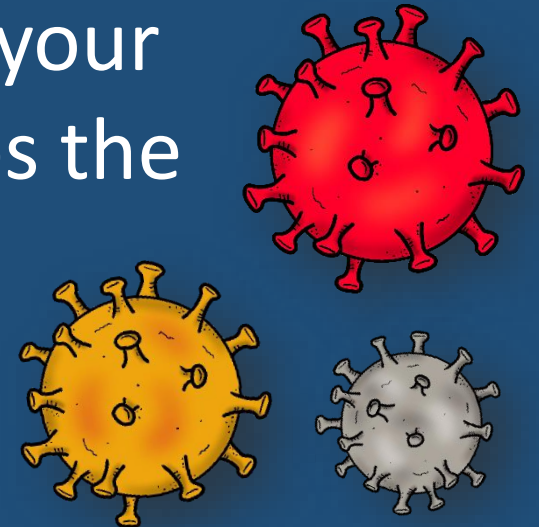
**Nurses and doctors are here to take care of you!**

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!

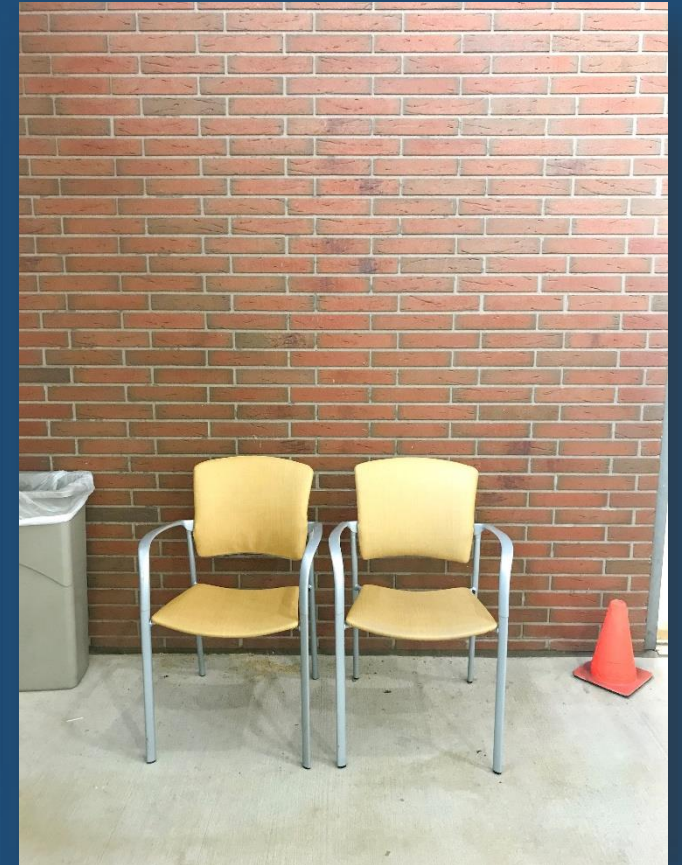
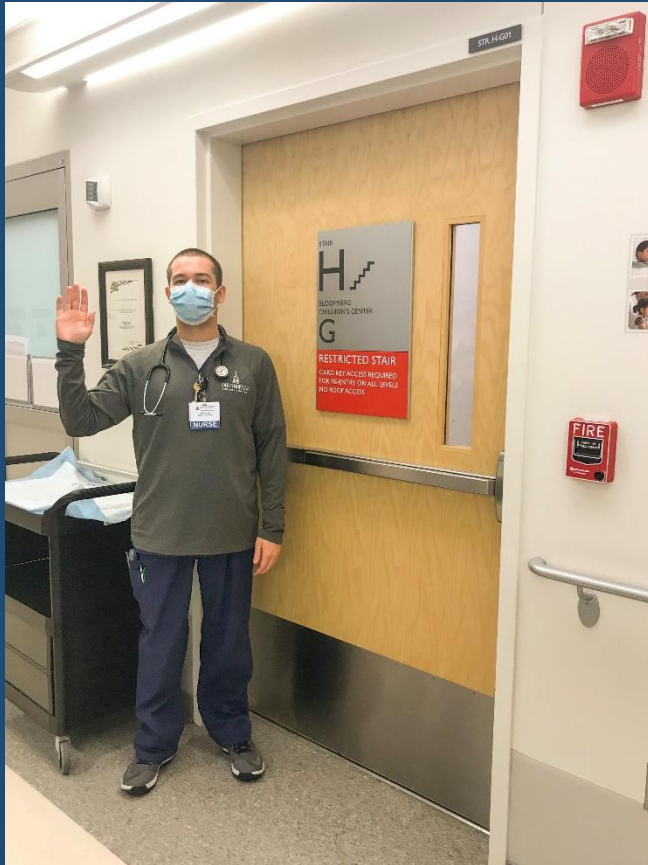




This is a picture of a nose swab. Some kids say it looks like a long Q-tip. The nurse will use it to check your nose for COVID-19 germs. Your job is to keep your body still. This helps the nurse do their job.



When it is time for the nurse to use the swab in your nose, we will take you and your caregiver to a testing area. The pictures below are things you may see.





Hi, my name  
is Laney!

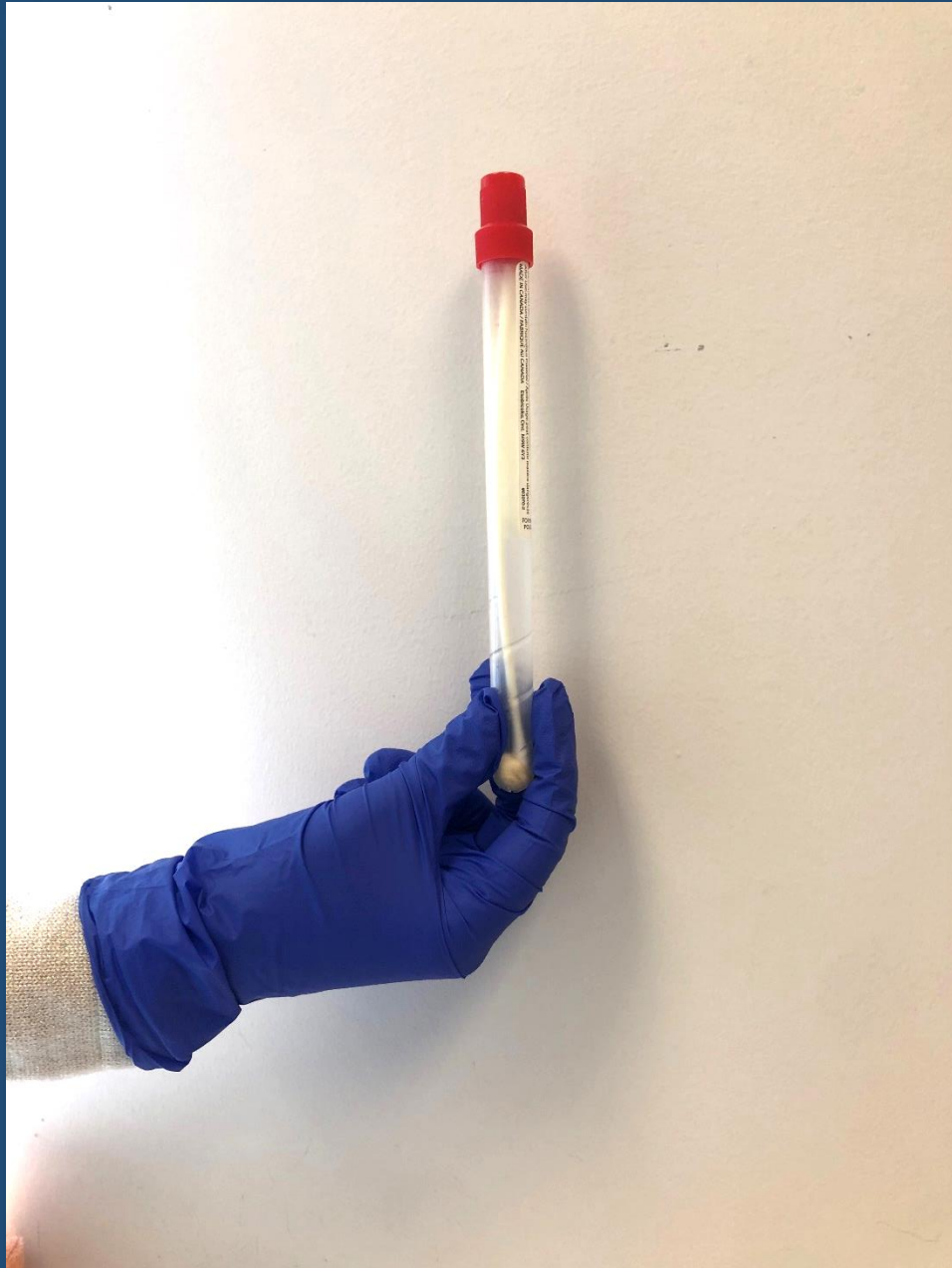


The nurse will put the swab into your nose and rub the inside. Some kids say they can feel the swab in the back of their nose. You may need to tilt your head up a little bit.

The nurse will be done before you count to 5. How do you think it will feel?

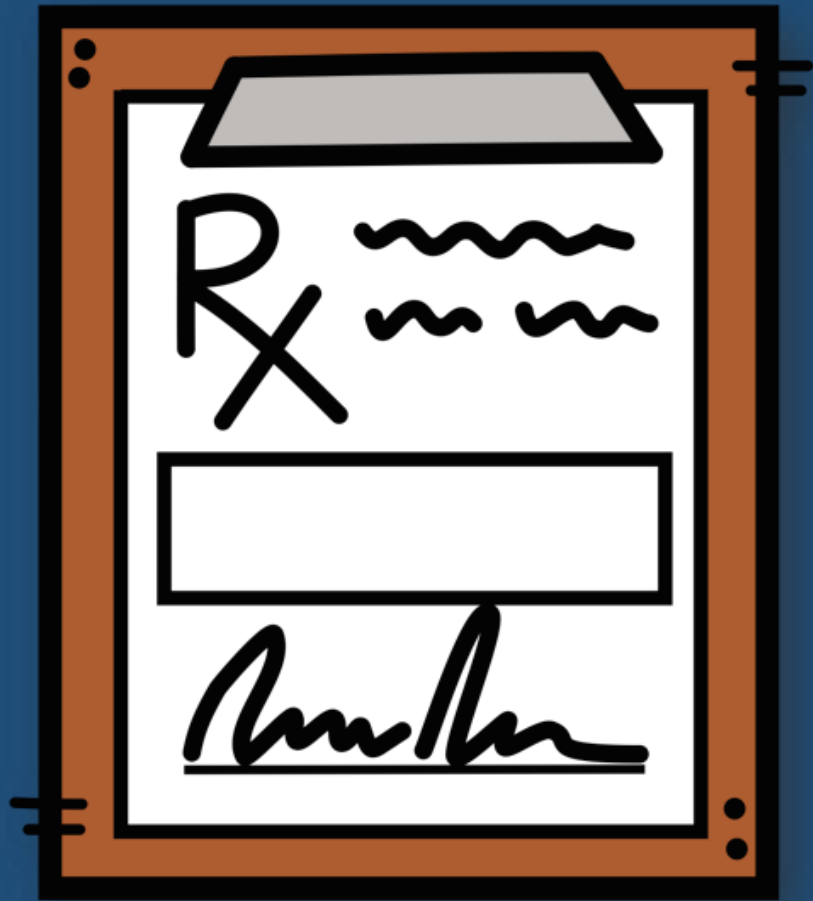
**Great job staying still, Laney!**





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 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



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

**Is there anything else you would like to know?**

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

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Art by:

