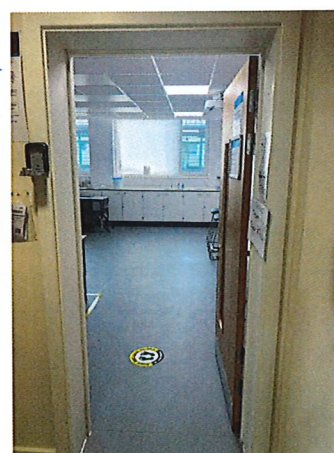
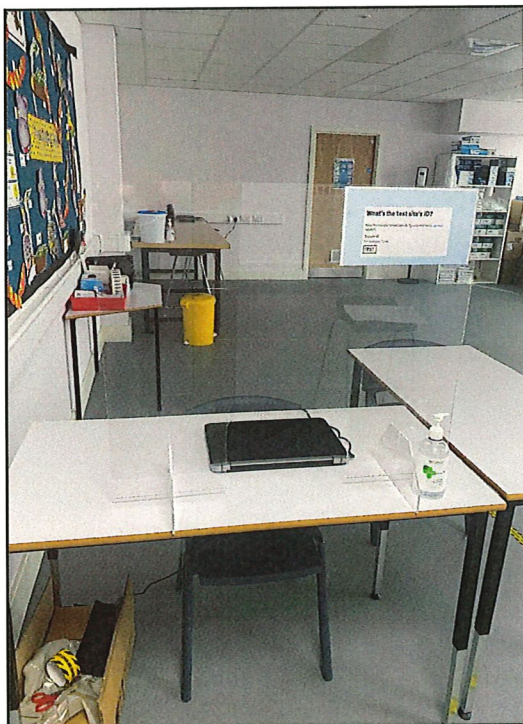




Our test centre is in the DT room. It looks very different. We have taken all of the DT equipment out and have made it a safe space to carry out Covid tests.



When you come up to the test centre you will need to wear a mask and use hand sanitiser. You will be with a member of staff from your class team. You will be asked to come into the room. Don't worry we will be there to help!



When you go into the test centre there will be someone sat behind the screen. They will be wearing a mask and gloves. This is to keep everyone safe.



They will use the computer to put your details in, such as your name and address to register your test. This is nothing to worry about.

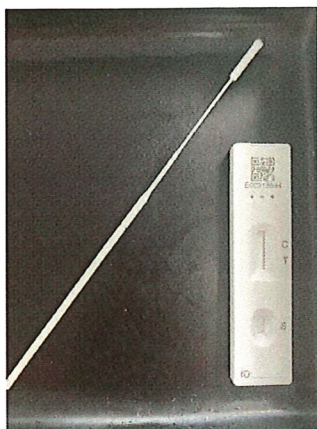
Once all of your details are on the computer they will hand you a tray with a test kit and ask you to move to the next desk. Try not to touch what is in the tray.



This is the desk where you will do the test. There will be someone behind the screen to help. They will be wearing a mask, a face shield, gloves and an apron. This is to keep everyone safe.

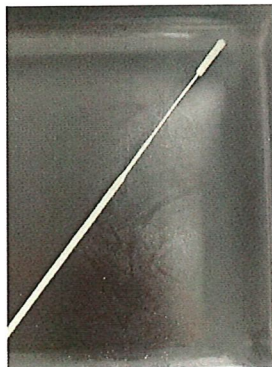
They will ask you to take a seat and will make sure you are feeling ok. You will pass your tray to them.



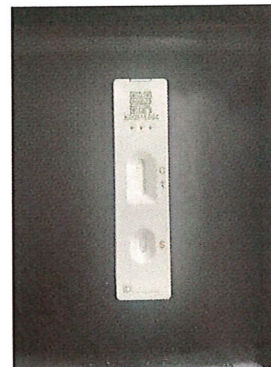


While you are getting ready they will open the packets in your tray and it will look like this

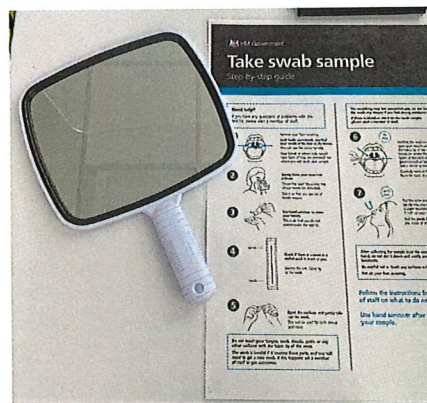
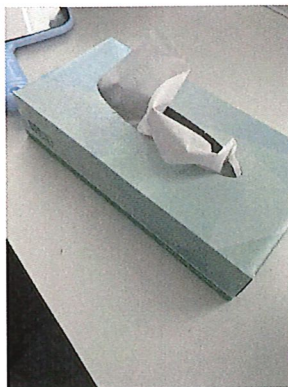
This is the test cartridge



This is the swab



You will be asked to take a tissue and blow your nose, when you have done this put your tissue in the yellow bin. You will see that there are some things in front of you to help with the test. We will help you understand what you need to do next. You can ask for help at any time.



These are the instructions on how to swab yourself for your test, We will be able to help you and explain it to you.

It is ok to feel a little bit nervous.

The test won't hurt you and will be done quickly.

Take swab sample

Step-by-step guide

Need help?
If you have any questions or problems with this test kit, please alert a member of staff.

- Remove your face covering. Look inside your mouth, and find your tonsils at the back of the throat. You can use the mirror to help. Your tonsils or where they would have been if they are removed are where you will swab your sample.
- Gently blow your nose into a tissue. Throw the used tissue into the clinical waste bin provided. This is so that you get rid of excess mucus.
- Use hand sanitiser to clean your hands. This is so that you do not contaminate the test kit.
- Check if there is a swab in a sealed pack in front of you. Identify the soft, fabric tip of the swab.
- Open the package and gently take out the swab. This will be used for both throat and nose.
- Holding the swab in your hand, open your mouth wide and rub the fabric tip of the swab over both tonsils for 10 seconds. The swab is inserted at the back of the throat with good contact at least 3 times. Use a mirror to help you do this. Carefully remove the swab stick from the back of your throat.
- Put the same end of the same swab gently into one nostril until you feel a slight resistance (about 2.5cm or 1 inch up your nose). Roll the swab 5 times along the true inside of the nostril.

After collecting the sample hold the swab upright in your hand, do not put it down and notify one of the testing assistants. Be careful not to touch any surfaces with the swab. Put on your face covering.

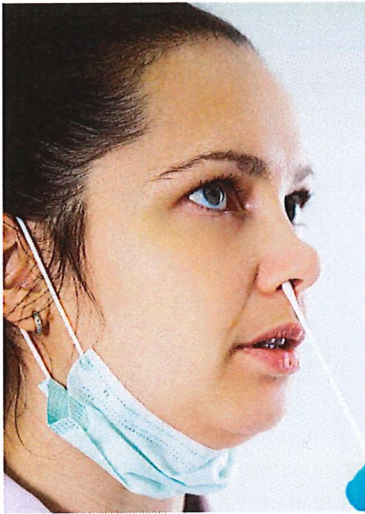
Follow the instructions from a member of staff on what to do next.

Use hand sanitiser after handing in your sample.

Do not touch your tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab. The swab is inserted if it touches these parts, and you will need to get a new swab. If this happens ask a member of staff to get assistance.

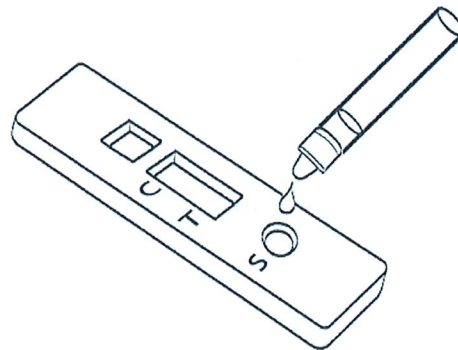


You will be asked to rub the swab on the back of your throat. You will need to open your mouth wide and say 'ahhhh'. You can use a mirror to see where to rub the swab. We will help you to find your tonsils. You need to rub the swab on your tonsils for 10 seconds. This can feel a bit strange and might make you gag but this is ok. It will be over quickly!



Once you have swabbed your throat you then need to use the same swab and put it up your nose. We will help you to do this and using the mirror helps. You need to twist the swab in your nose for a count of 10. This tickles and feels a little bit strange. It might make you sneeze! This is fine.

When you have swabbed your nose pass the swab to the adult helping you with the test. They will dip your swab into some special liquid and then pour some drops of the liquid onto the cartridge.





Well done – test complete!

All you have to do now is use some hand sanitiser again and you can go! The staff in the test centre will wipe down the table ready for the next person and wait 30 minutes for your test results.

Your results will be entered onto the computer and will be sent to your family.