The background features a series of vertical stripes in various shades of blue. Overlaid on these stripes are several stylized, light blue icons of nasal swabs, arranged in a grid-like pattern.

What to Expect During a COVID-19 Nasal Swab at Seattle Children's

A note for parents/caregivers:

This book was written for patients of different ages and follows a common patient experience. Some children are able to cope with a lot of information and others become anxious when given too much information. Read this first and choose which sections to share - you know your child best. When talking with your child, be honest. This book will give you and your child the opportunity to talk about coping strategies. We encourage you to be a part of your child's medical experience.

You are coming here to have a COVID-19 nasal swab. This is a test that is needed to see if you have COVID-19. You might need this test because you are not feeling well, a family member has tested positive, or you need it before a procedure or surgery.

You might have a lot of questions. Read on to learn what your visit might be like.

Who do you think you will meet? What are they going to do?





When you arrive for your visit, you will be greeted by someone at the front door. They will ask you and your parent/caregiver a few questions about any symptoms you may have and will take your temperature. You will then get a sticker that says you are screened and able to come inside to see us.

Next you will check in at a registration desk before you go to a room. They will give you an ID band and stickers that have your name and birthday on them.

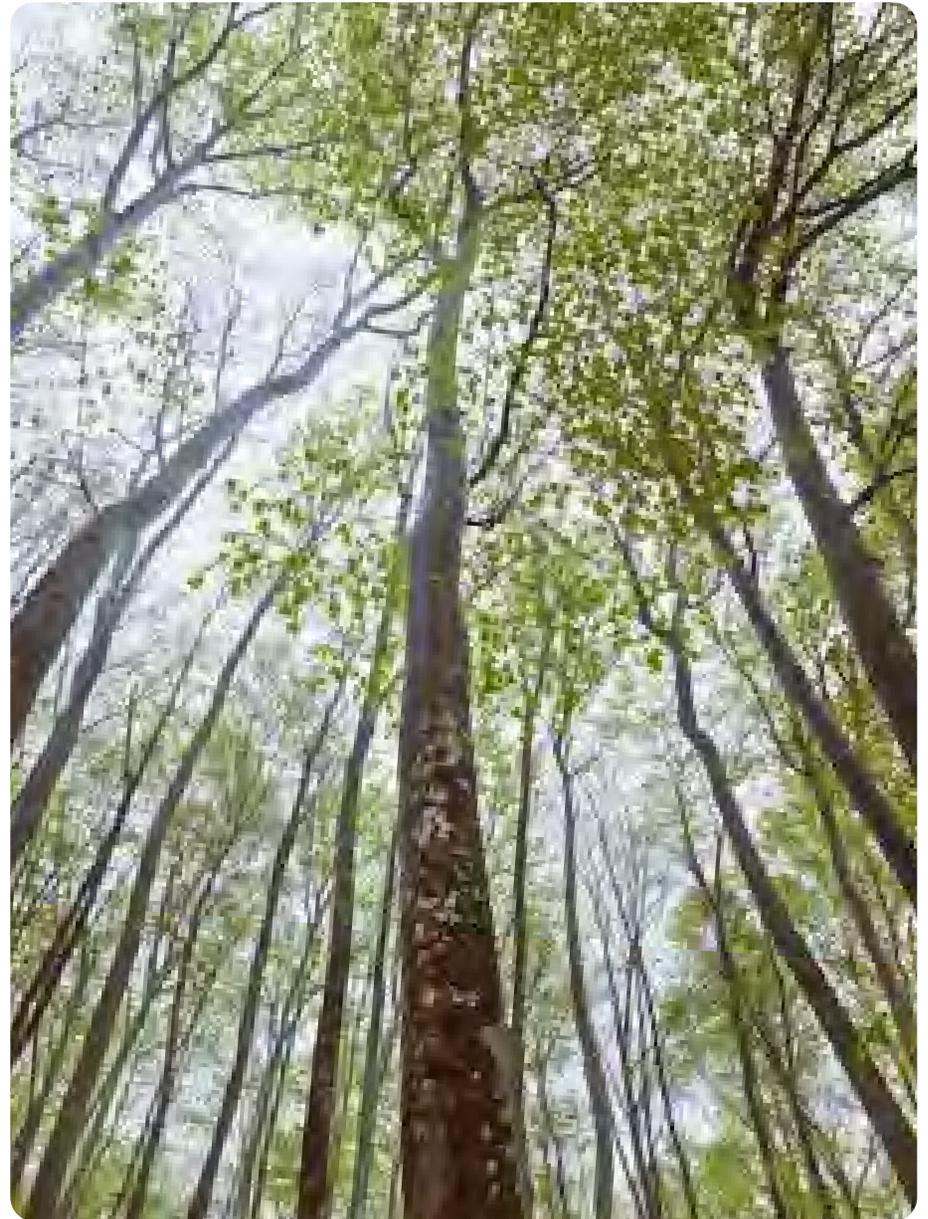
Many people will want to look at your bracelet. How many people do you think will ask to see it?

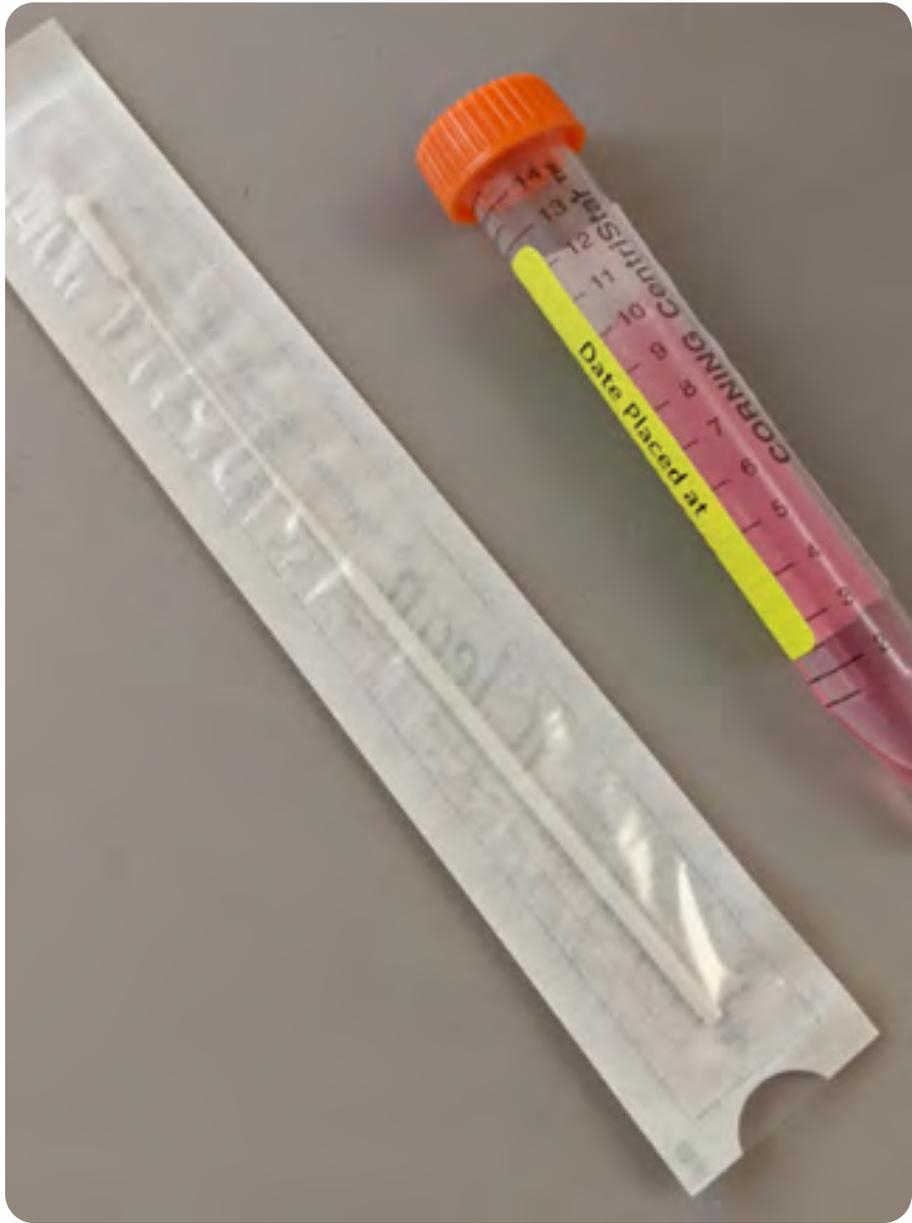




A nurse will come into your room to complete the COVID-19 swab. They will be dressed in protective clothing that helps keep everyone in the room safe from germs.

The most important thing you can do during your test is to hold still, like a statue or a tree. It is OK if you need help with this. Your parent or caregiver will be there with you to help keep you calm and still during the test.





Now it is time for your test.

The nurse needs to touch the inside of the back of your nose with a long skinny Q-Tip. This will last for about 5 seconds to get the sample that is needed to be tested.

To help make sure the Q-Tip is in the right position, you will be asked to hold your chin up while the nurse swabs one side of your nose.





Some kids, and even adults, can be nervous about this test. That is OK. Let's think about what you can do to stay relaxed, calm, and still.

You can count, take deep breaths, or even hold onto something that comforts you, like a stuffed animal or someone's hand to squeeze.

You did it!

We hope this has helped you know what to expect during your COVID-19 nasal swab. We are happy to help answer any questions. Feel free to ask!



Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Learn more about what to expect during a visit to Seattle Children's on our website:
www.seattlechildrens.org/photobooks



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206-987-2000
1-866-987-2000
(Toll-free for business use only)
1-866-583-1527 (Family Interpreting Line)

www.seattlechildrens.org

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handbook has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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