



Covid Test



COVID is a virus that can make people sick. You have a COVID test appointment at Phoenix Children's Hospital to make sure that you don't have any COVID virus in your body.



For your COVID test, the staff will use a skinny q-tip called a swab to get some boogers from your nose.

Some kids like to bring their favorite stuffed animal or a toy from home to hold during their COVID test.



Will you bring something with you for your test?



When you arrive at Phoenix Children's Hospital with your grownup, a staff member will meet you at the front doors to ask you questions about how you both are feeling. Your grownup can stay with you the whole time.



Next, you will go to the main check-in desk. The friendly staff will ask you your name and birthday. Your grownup will answer some questions, too.



They will tell you which room to go to when it is time for your swab. Another staff member will meet you at the testing room door and will ask you your name and birthday again!



The staff will tell you which chair to sit in. Some kids like to sit by themselves. Other kids like to sit with their grownup.

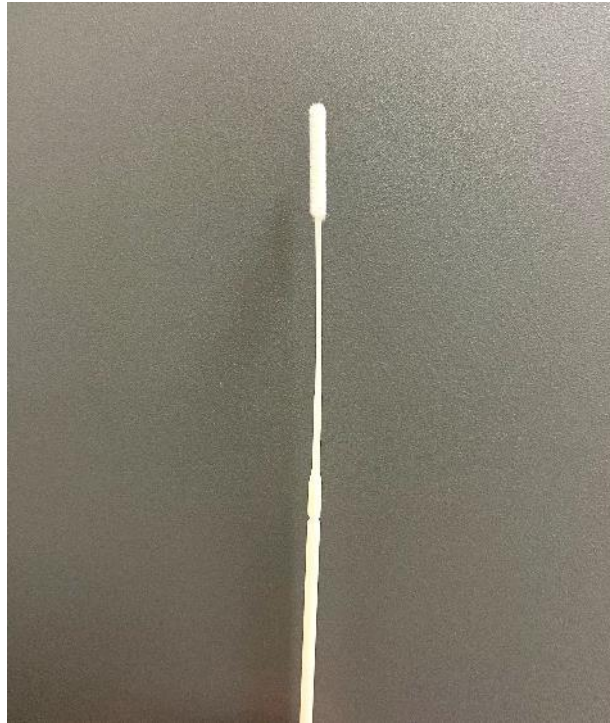


What will you choose?

The staff who will do your test wear a yellow gown, mask, face shield, blue gloves, and a hair net. They are wearing all these things to protect everyone from germs.



Now it is time for your test. The staff will put a swab that looks like a long q-tip in your nose for 10 seconds. Kids say this is the hardest part. You can tell the staff which side of your nose you would like them to swab.



Do you think you will pick the left side or right side of your nose?



Your job is to hold still. Some kids like to squeeze a ball, count to 10 with staff, or sing a song. Kids say it helps if you take breaths through your mouth while the swab is in your nose.



What will you do for 10 seconds during your test?

When the staff are done counting to 10, they will take the swab out of your nose. This means you are all done! You can choose a sticker on your way out the door.



Way to go - you did it!

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