

Testing for  
COVID-19



SEND resource pack

Cartoon Question and Answer

Coronavirus Testing in School

# Coronavirus Testing in School: Questions and Answers

Hello, my name is Chris and I'm a scientist who studies Coronavirus. Testing for Coronavirus in school is going to become part of our lives. We know you may have lots of questions so I'm here to help.





I would like to know how testing helps keep us safe? Isn't doing hands, face and space enough?

**Washing our hands, covering our face and keeping space** between us is really important to protect us from the virus but sometimes people still get Coronavirus. Testing means we can **know where the virus is and help people** who have it quickly. This **helps them get better and stops it spreading.**





I know there are different types of test. Which one will I be doing and what's the difference?

There are **two types of test** that you will probably do in school. One is called **Lateral Flow**. This is done in school with a gentle swab in your nose and mouth. It can tell you the result in 30 minutes. The other kind is **Saliva Testing**. You will do this at home by spitting in a pot and bringing the pot to school. The pot is then taken to a lab and tested. **Both are quick tests** and will let your school know if there is any Coronavirus and help **keep people safe**.





I've had tests before and really didn't like the swabs. Do I have to do the new tests in school?

You don't have to do a test. It is **your choice** and if you don't feel comfortable with the swabs you can choose not too. The more people who do the test the better as it will help us identify any virus in school and help those who have it. With more people taking the tests it means we can see more clearly who has Coronavirus and who does not. But, it is still **your choice**. If you don't feel you can do a swab test perhaps the Saliva test will be more comfortable.







Do we have to keep testing even if we feel fine. I'm not coughing and my temperature is normal. Will I have to do a test?

You will have to do a test because of something called **asymptomatic transmission**. This is a term doctors and scientists use to say that people may still have **Coronavirus but feel normal**. They won't cough or have a temperature but can still pass Coronavirus on to someone else. This is **where testing is really important**. It can help identify these people and help them isolate so they don't pass Coronavirus on without realising.





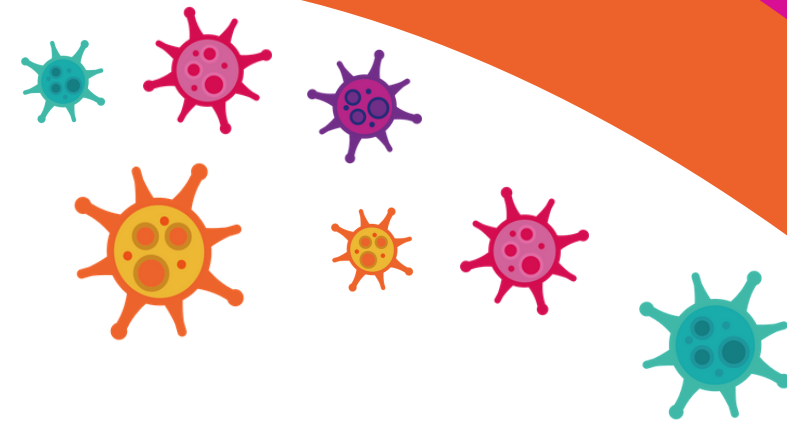
I'm really worried about the swab test but still want to do it. Is there anything I can do to make it easier?

I get worried about taking the test too but there are lots of things you can do to make it easier. I **take deep breaths** before and **slowly count to ten**. This helps calm me down. I like to **fiddle with something in my hand** to distract me too. I remember that it is **very quick** and will soon be over. Knowing if I have Coronavirus or not really helps me and knowing that people around me have been tested makes me **feel safe**. I try to remember that and stay calm and the test is over very quickly.



We know there is a lot to learn about Coronavirus and testing but we want you to know it will **help keep you, your family and friends safe**. By taking a test you are **helping to stop Coronavirus**. If you have questions you can always ask your teachers and adults at school and at home and they will help you. Together we can help stop Coronavirus. **Thank you for everything you are doing and for helping stop Coronavirus!**





Resources co-created with and from an original concept by LifeLab, based at the University of Southampton, Southampton Education School and NIHR Southampton Biomedical Research Centre. The views expressed are those of the authors and not necessarily those of the NIHR, or the Department of Health and Social Care.