

Testing for
COVID-19



SEND resource pack

Social Story

Emma and the Saliva Test

Emma and the saliva test





This is Emma. She has been doing a lot of things to help stop Coronavirus. She is washing her hands more often than she used to. She has been social distancing from people at school. She has also been wearing a mask when moving around the school building. She is doing this to help stop Coronavirus spreading.

Now she is going to start doing the saliva test. She knows that this will help because it means we will know who has Coronavirus and who does not. She knows if she has Coronavirus she will get help from her parents and teachers. If she doesn't have Coronavirus, she can go to school and feel safe. She has spoken to her parents and teachers about the test and has her test pack ready at home.



When Emma wakes up, she knows she must do her test before she eats or brushes her teeth. This is so the scientist can see her saliva clearly when they test it.



First, she washes her hands for 20 seconds. She likes to sing 'Happy Birthday' twice to help her know how long 20 seconds are. Sometimes she counts to 20 slowly instead.



Then she gets her test pack ready. She gets a clean and dry teaspoon and unscrews the lid of one pot. She looks at the instructions too. The pictures help her know what to do.



Emma then imagines she's eating her favourite food. (Hers is pizza.) She pretends to chew. This helps make saliva in her mouth. Then she leans her head forward, and carefully spits into the spoon.



She then carefully pours her saliva into the pot and screws the lid on. Next, she puts one label lengthways on the pot. Her pot had a different label on it when she first got her pack. This is okay. She puts her label over the top. The label is for the scientists so they know the saliva is hers. After she puts the pot in one of her small bags and also puts in a piece of the absorbent material.



After, she washes her hands again. She also washes the spoon so that it is clean. Emma likes to have a special test spoon, so she knows its clean and hasn't been in someone's cup of tea.



Finally, Emma puts the small bag into one of the large bags and seals it shut. Now she is ready for breakfast and to get ready for school. She puts her test in her school bag first so she won't forget it.

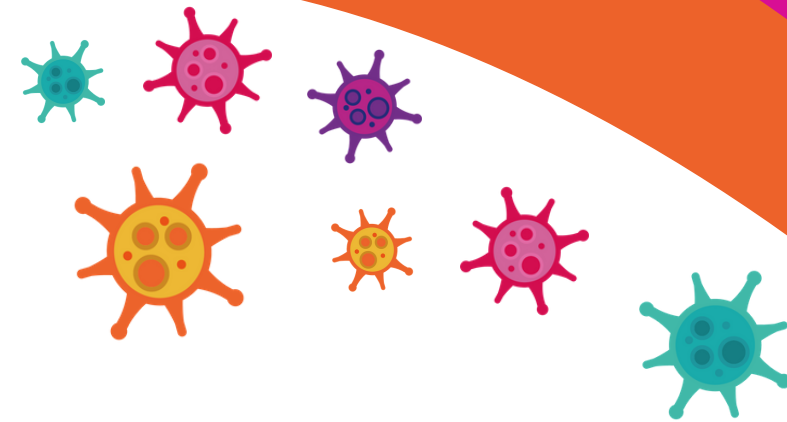


When Emma gets to school, she puts her bag in the collection box that the teachers showed her. Soon her test will be collected and taken to the lab where the scientists and robots will test it for Coronavirus.



Emma can't wait for the Coronavirus pandemic to be over. She is happy to be helping stop Coronavirus from spreading and she knows her saliva test will help keep her friends, family and school safe.





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.