

COVID Rapid Test Talking Points for Parents Talking to Children

As we begin the process of testing students for the COVID-19 virus we understand that some students will have questions and concerns regarding the process. The following are some suggestions in speaking to students about taking a rapid test in school.

- **Prepare your child that they may meet with medical staff that they may not have seen before and what this medical staff will be wearing and why.**
 - Suggested language: “You may see people that work for a doctor’s office that are wearing gloves, masks, and face shields. This is to help keep you safe and everyone safe as possible. You will have people that you know to go to if you are nervous about the test.”

- **Prepare your child what will occur when they are asked to take a test.**
 - Suggested language: “You will walk into the cafeteria and will be asked how you’re feeling today and take your temperature. Then someone will show you to a seat where you will wait for a little while until another adult comes to give you a test. When you take the test they will ask you to take your mask off for just a short amount of time. After the test you’ll sit and wait for someone to tell you when you can leave.”

- **Prepare your child for what a Q-Tip will look like to collect the sample and how it will be used.**
 - Suggested language: “Someone will use a long Q-tip to rub the inside of your nose for about 10 seconds. The Q-Tip will then be put into a testing kit to tell if you might need additional tests.”

- **Prepare your child that it’s best for them to stay still during the test.**
 - Suggested language:
 - “Try to hold your head still like a soldier.”
 - “Pretend you’ve been frozen like Elsa.”
 - “It’s important to keep your head, arms, and legs as still as possible.”

- **Validate your child’s feelings.**
 - Suggested language: “It’s OK to feel upset about this, but always know that you have a lot of people at school that you can go to before and after the test that will help you feel better.”

Images to Assist in Visualizing the Testing Experience

People giving you the test may look like this.



The test will look like this.



This information has been gathered (and modified) from the following resource:

- <https://www.chop.edu/health-resources/preparing-your-child-drive-thru-covid-19-testing>