



# Test instructions / Booklet


For pupils/students (assisted swabbing)


## HOW TO GET YOUR COVID-19 TEST


- 1** YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED



- 2** WHEN YOU ARRIVE, SOMEONE WILL BE THERE IF YOU NEED HELP


- 3** YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU



- 4** TO START YOU WILL BE ASKED TO OPEN YOUR MOUTH WIDELY AND SAY 'AHHHH' SO A SWAB CAN BE GENTLY RUBBED ON THE BACK OF YOUR THROAT



- 5** AFTER 10 SECONDS, YOUR TESTING HELPER WILL CAREFULLY REMOVE THE SWAB AND GENTLY PLACE IT UP ONE OF YOUR NOSTRILS


- 6** THE SWAB WILL THEN BE TURNED GENTLY 5 TIMES, THIS TAKES ABOUT 10-15 SECONDS


- 7** AFTER THIS, YOUR SWAB WILL BE REMOVED GENTLY AND PLACED ON A PAD FOR TESTING


- 8** YOU CAN ASK YOUR TESTING HELPER ANY QUESTIONS YOU HAVE BUT THAT'S IT, YOU'RE ALL DONE AND YOUR TEST IS COMPLETE


- 9** YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT





Please find instructional leaflets in the separate attachment

# COVID-related pupil/student absence – Printable Guidance for Parents and Pupils/Students (1/2)

The guidance below addresses what a positive or negative test result means for your child and your household, and the support available to you.

What happens if a close contact at school / college of my child tests positive?

- They can consent to take part in 'serial testing' where they are tested daily for 7 days
- This will enable them to stay in school / college if they test negative
- If you or they do not wish to take part, they will need to self-isolate

What if my child tests negative for COVID-19 in the serial testing?

- There will be no need for them to self-isolate and you can remain in school / college as normal
- Social distancing and face coverings where appropriate will remain necessary

What do I need to do if my child tests positive for COVID-19?

- Do not send your child to school/college
- They will need to take a further 'PCR test' (similar to those done in testing sites) to confirm the positive result, they will be able to do this at school/college or take a test kit home.
- Contact the school / college to inform us of the PCR test result which you will receive via text / email
- Your child will need to self-isolate for a minimum of 10 days according to guidelines.

How does my child testing positive impact the rest of my household?

- Your household will have to self-isolate for 10 days
- Follow the [latest government guidance](#).

When can my child return to school / college after testing positive for COVID-19?

- Your child can stop self-isolating and return to school / college on day 11 if they've not had a high temperature for 48 hours and are well
- They can return after 10 days even if they have a cough or loss of taste/smell as these symptoms can last for several weeks

# COVID-related pupil/student absence – Printable Guidance for Parents and Pupils/Students (2/2)

The guidance below addresses what a positive or negative test result means for your child and your household, and the support available to you.

What does a positive result mean for my child's education?

We have a strong commitment to ensuring all pupils/students can access a wide range of learning resources remotely and will continue to support their education whilst they are self-isolating.

Additional information can be found <https://bit.ly/covidhomelearning>



Addressing your concerns

For more information you can visit: <https://bit.ly/covidhomelearning>  
If you're worried about your child medically, visit <https://www.nhs.uk/> or call 111.

