

# WHAT WILL COVID-19 TESTING LOOK LIKE AND HOW DO I PREPARE?

*A social story to prepare families and patients for COVID-19 testing*

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## FOR PATIENTS BEING TESTED

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1. I will schedule an appointment to get tested for COVID-19



2. I will drive in my car with my parents or a staff member to get tested



3. I can bring something I like with me in the car and hold it when the nurse is with me



4. I will sit next to a window in the car or van *(if possible)*



5. A parent or staff will sit next to me *(if possible)*



6. When I get to the testing center I will be told to park in a numbered spot



7. Two nurses will come to my car to say “Hi” to me. They will be wearing a face mask, gloves, a gown, and goggles



8. One nurse will come to the back where I am sitting and tell me what will happen



9. My mom, dad, or staff will also explain to me what will happen

10. One nurse will put a long q-tip into my nose and hold it for 10 seconds, it won't hurt but I will feel it press



11. I will hold my head still like a soldier for 10 seconds and open my mouth

12. My mom, dad or caregiver might help hold my hands or my head



13. My mom, dad, or caregiver will count to 10 so I know when I'm done



14. After I'm finished, my mom, dad, or staff can reward me with something special



15. I am then all done with my COVID-19 testing! I will do a great job!



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## *FOR PARENTS OR STAFF OF PATIENTS BEING TESTED*

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1. Prepare your child by reading the social story about what they might see (i.e., people in gowns, gloves, and masks) and explain it is to keep everyone safe
  - a. Refer to the 'Preparing and Practicing COVID-19 Swab' guide for step-by-step instructions on how to practice for the test if there are concerns about challenging behavior during the test
  - b. We have found that the majority of patients have completed testing successfully and do better without ample forewarning, as this may cause more anxiety about the test. **Given this, we recommend you consult directly with your provider or the testing site about whether practice for the test is recommended.**
2. Have your child sit at the window, in a car seat or with a well-supported seat-belt so it is easier for the nurse to swab them
3. Sit next to your child (*if possible*) to ensure comfort and be able to support their hands and head
4. It is always helpful when the caregiver or known staff offer kind, supportive explanations and words
5. Use a visual if needed to show the patient "First, Then" (i.e., First swab, then trip to McDonalds)
6. Some coping options that could help is:
  - a. Putting on preferred music
  - b. Counting
  - c. Modeling deep breaths
  - d. Having a preferred item or activity available for immediately after
  - e. Reaching out to testing team for problem solving regarding the practice packet to prepare if anticipated challenging behavior
7. Language that helps during testing:
  - a. First, Then
  - b. Let's pretend we've been frozen like Elsa
  - c. Let's count and then all done (10...9...8...7...6...)
  - d. Hold still...don't laugh!!!!