

GUIDE TO COVID TESTING

Please only attend if you are **not** showing any symptoms of COVID, such as a Temperature, persistent new cough and or loss of sense of Taste or smell – please observe social distancing at all times

Participants will be asked to complete a consent form, please make sure this is returned to school.

Step1- You will be greeted by a member of staff and register at the desk outside C1 and be asked to hand sanitize and will be passed a slip with 2 barcodes on it

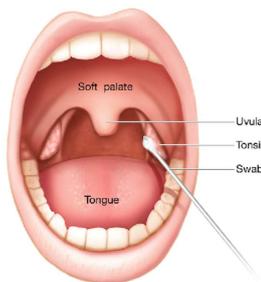
Step 2- You will be called into the sports Hall and given full instructions on what to do, don't worry, it doesn't take long and is not painful.

Step3 - You will be asked to hand over your bar code, sanitise your hands and remove your mask

Step 4 - You will need to blow your nose and pop the tissue in the bin and use hand sanitiser again

Step 5- There will be a mirror for you to use to enable you to locate your tonsils

Step 6 - You will be passed a swab and be asked to open it which will be used to swab your Throat and your nose as in the pictures below



Step 7- Swab of your tonsils – move the swab over each tonsil 3 times – 5 seconds for each tonsil, avoiding touching the tongue teeth or cheek (Don't worry if you need to cough, just carefully remove the swab).



Step 8 - Using the same swab, insert into one nostril, approximately 2.5cm until you feel slight resistance. Rotate the swab 5 times slowly.

Don't worry if it makes you sneeze, just carefully remove the swab

Step 9 - Place the swab directly into the testing vial on the desk

Step 10- Then sanitise your hands and use the antiviral wipes provided to clean down the mirror and surfaces

Well done, it's all done! Results will be sent via email/text to parents by the NHS Test & Trace