

# What to expect when you get your COVID-19 test

There is a virus going around called COVID-19. A virus is a germ that is so small that we can't even see it. Some people who get this virus may have a fever or cough and some people do not feel sick at all. This test will tell us if you have the COVID-19 virus so we know how to help you feel better if you are sick. It is ok to have many different feelings. Know that the nurse is there to help you. The test may feel weird but it won't hurt.



## There are five steps to getting a COVID-19 test:



**1.**

The Nurse will put on protective clothing to keep everyone safe from germs during the test. This includes a gown, mask, face shield and gloves.

**2.**

The Nurse will show you the long skinny Q-tip that they will use to collect any germs that may be in the back of your nose.



**3.**

The Nurse will ask you to tilt your chin up and sit still like a statue so they can tickle each nostril with a little Q-tip. This should only take 5 seconds and the person who brought you can help you.



**4.**

Then, you are all done! Sometimes after your test your nose will feel itchy or tingly.



**5.**

You will need to stay at home while you wait for the results. These can be found at <https://covid19results.ehealthontario.ca:4443/agree>



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## Tips:

- Squeeze something soft!
- Count to 5!
- Deep breathe through your mouth!

