



# Testing for Coronavirus

An EasyRead Guide



If you have the symptoms of coronavirus you might have to have a test.

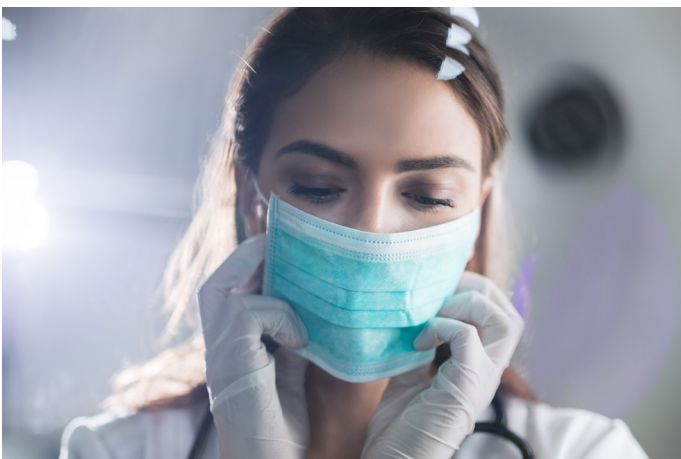
This is to help stop the spread of the virus and keep you safe.



The test will be done by a doctor or nurse.

If you are doing your own test please go to page 6 of this booklet.

Thee doctor or nurse will tell you what they are going to do.



They will ask if you have any questions.

They will be wearing an apron, mask and gloves.

This is to keep you and them safe.



The doctor or nurse will need to swab your nose and throat.

A swab looks like a bit like a cotton bud.

It will be wiped gently in your throat and nose. It won't hurt but it might be a little bit uncomfortable.

## Taking a swab from your throat



You will be asked to sit upright and tilt your head back.

You need to open your mouth and stick out your tongue.

The doctor or nurse might use a torch to see into your mouth.

They might need to press down on your tongue so they can see.

They will use something that looks a bit like a lolly stick to do this.

They will ask you to say “ahhhh”, then they will gently rub the swab at the back of your throat and both sides of your mouth.

Remember that it might be a little bit uncomfortable but it won't hurt.

## Taking a swab from your nose



If you have a runny nose, the doctor or nurse will ask you to blow and clean it with a tissue.

You will need to sit up straight and lean your head back.

The doctor or nurse will put the swab into your nose.

The swab will bend to the shape of your nose and the doctor or nurse will push it gently to where it needs to be.

They will then place a finger on the tip of your nose and press slightly.

The swab will then be pushed a bit more and be turned gently.

The swab will then be removed. It won't hurt but might feel a little bit uncomfortable.

When the tests have been done, the swabs will be sent to a laboratory for testing. You will be told your results.

# Consent



You have to give consent to have a coronavirus test.

This means you have to say whether you want the test or not.

To give consent, you have to have capacity.

This is knowing and understanding what the test is for and what will happen.

If you don't have capacity, someone close to you like a family member or friend can consent for you because it would be in your best interests to have the test.



If you do not have family or close friends to make the decision for you, an Independent Mental Health Advocate or IMCA for short, will help.

Your IMCA will listen to you and find out your wishes and beliefs.

They will talk to lots of people and try to work out what you would want.

A decision will then be made in your best interests.



## Doing your own test



When you get your kit you must follow these steps:

Book your free courier as soon as possible.

You need to do this online between 8am and 4pm.

The address will be on the instructions.

Register your kit online just before you do the test.

Do the test any time from 9pm the night before the courier is coming, to 7am on the day he is coming.



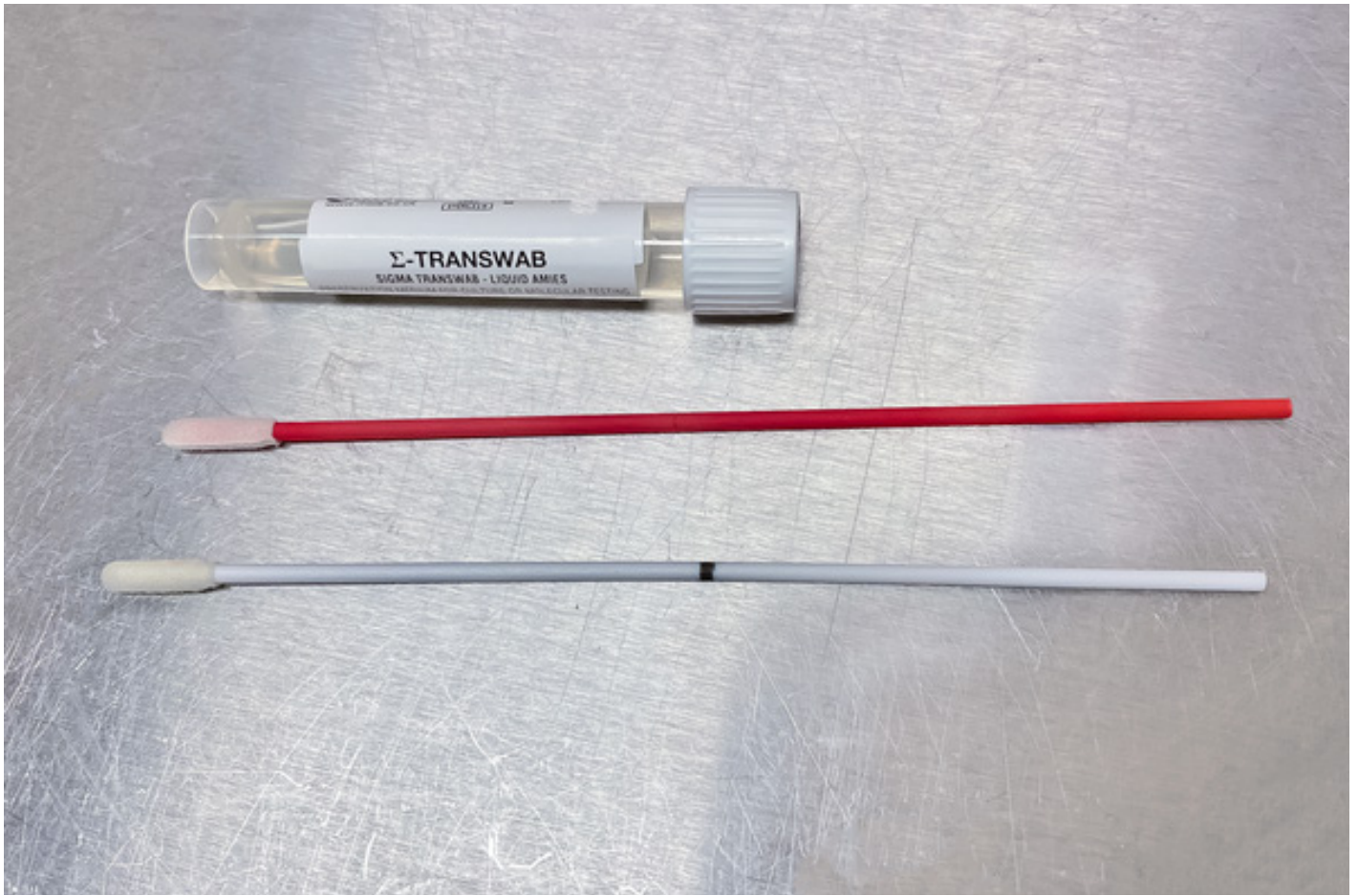
If you are doing your own test, you must follow the instructions carefully.

It might feel a little bit uncomfortable and be a bit fiddly but it doesn't hurt.

Blow your nose first then wash your hands with soap and water for 20 seconds.

This is as long as singing the happy birthday song twice.

You will have to swab your throat and nose.



Put the kit next to you on a clean, hard surface, like a table or worktop.

The kit will have:

- 1 swab
- 1 plastic sample collection tube
- 1 transportation tube, but not all kits have these
- A bag to send the sample back in
- Instructions
- 3 stickers with number and barcode on them



## Using the test on your throat



Open the packaging of the swab. You must do this at the stick end.

Don't touch the fabric end.

Using a mirror, look at the back of your throat, in the tonsil area.

Put the swab in your mouth, be very careful not to touch your teeth, tongue or gums.

Rub the swab against your tonsils 5 times.

If you have had your tonsils taken out rub where they used to be.

Take the swab out carefully, making sure not to touch your teeth, tongue or gums.

This is just to make sure that we get a good sample and it is not affected by anything else in your mouth.

If it is you might have to do another test.

## Using the test on your nose



Next you need to put the swab into your nostril.

Push it gently until you feel like you have touched something.

Turn the swab 5 times.

You need to do this in both nostrils.

Take the swab out carefully making sure you don't touch anything else with it.

You now need to put the fabric end of the swab into the sample tube.

This is the end that has been in your throat and nose. When it is in, snap off the stick where it says to.

This is to make sure that no germs go with it.

Screw the cap on tight.



Now wash your hands again with soap and water for 20 seconds.

This is as long as singing the happy birthday song twice.

You then need to put the barcode label over the length of the tube.

If there are labels on it already then just cover them up.

If your kit has come with a transportation tube, put the sample tube inside it.



For more information please contact:

**btm**

the home of accessible information



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