



TIPS FOR USING RAPID ANTIGEN TESTS ON YOUNG CHILDREN

More and more families are using rapid antigen tests. The procedure might feel new or uncomfortable to some young children, so here are a few helpful tips to keep them calm and perform the test as effectively as possible.

BEFORE

Talk about it together

Be open, honest, fun and positive about the test. Explain that it might tickle or scratch for a bit but it won't take long, and that it's important to keep everyone safe and healthy.

Show them the steps

You can count out 10 seconds aloud with them, or rub a cotton swab on their hand or use the cotton swab on a teddy (but don't open the test kit until you're ready to start the test).

Use distractions if needed

Options could include turning on the TV or singing a song together. This can also help to relax your child and slow down their breathing before the test.

DURING

Find the comfort position

A good option is holding your child on your lap with their back to your chest. This allows you to hug and reassure them while keeping their arms away. They can also sit on someone else's lap so you can see each other face-to-face.

Go low and go slow

Insert the tip of the swab just one or two centimetres into your child's nose, or until you feel resistance. Holding it with a pencil grip helps. Rotate the swab slowly and gently. It can feel uncomfortable, but it shouldn't feel painful.

AFTER

Tell them they did well

Remember, this may not be the only time they will have to get tested – so talk about the experience with your child and congratulate them on doing well.

IF YOUR CHILD TESTS POSITIVE

- Follow the checklist at coronavirus.vic.gov.au/checklist – and isolate for 7 days
- Report the positive result at coronavirus.vic.gov.au/report
- Get advice on recovering at home at coronavirus.vic.gov.au/recovery

