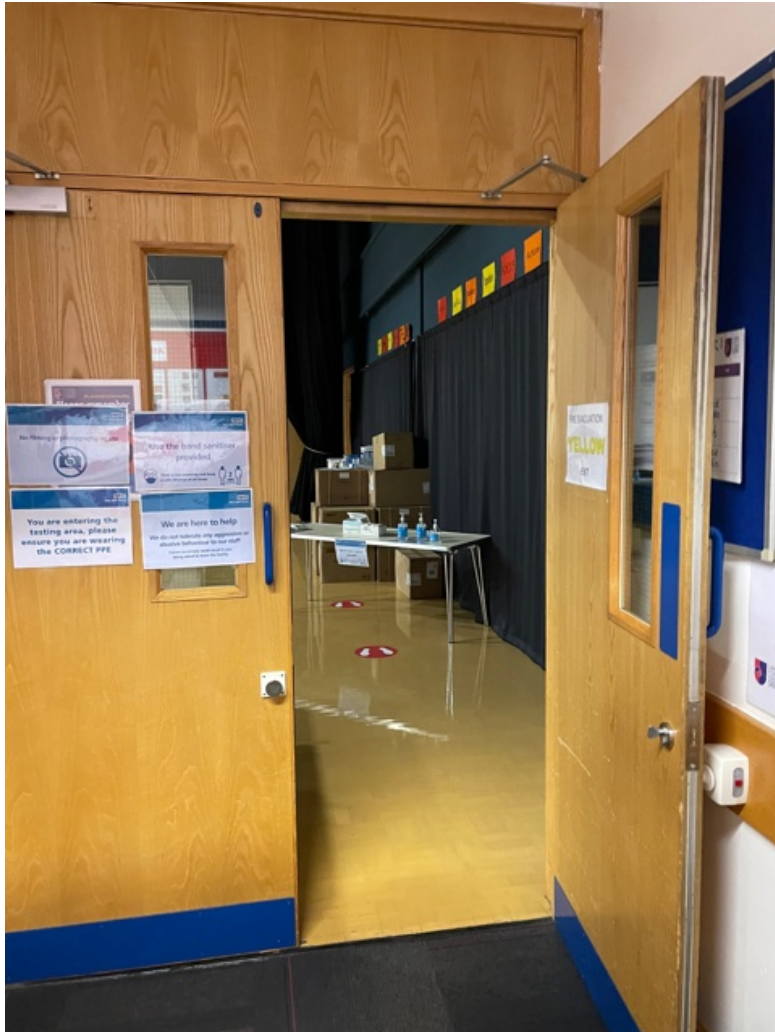


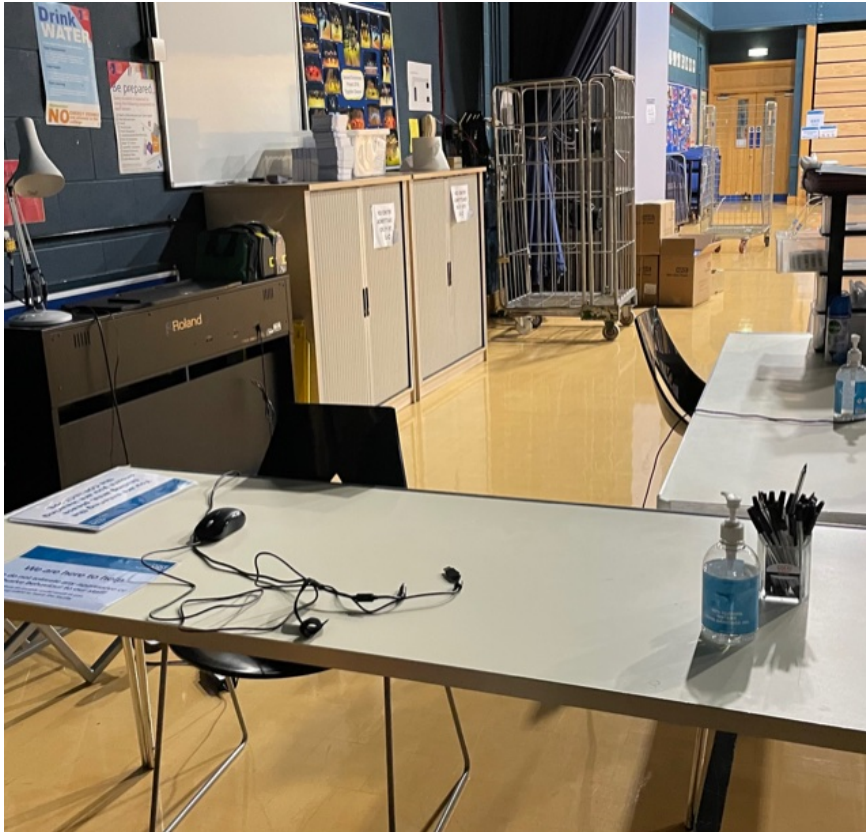
How our new COVID system
looks...

Entering the theatre (COVID testing area)...



- You must enter through the doors near the PE changing rooms (the Dance studio)
- Remember to keep your 2 metre distance if someone is already waiting

The registration desk...



- Please wait here, so the staff members can tell you what you need to do next
- They just need to know your name

Hand sanitising...



- Use the hand sanitiser before you do your test
- You must also do this after you leave the theatre

Here is a testing bay...



- Please don't worry – ask any questions you may have
- A member of staff will talk you through what you need to do
- You will be given your test kit here, be careful with it!

The exit...



- Well done, you did it!
- Please leave via this door (nearest Technology)
- Speak to a staff member if you are unsure at any time

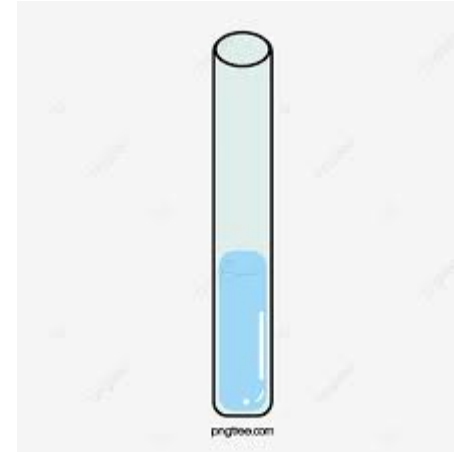
What you will need today...



A clean swab



Hand
sanitiser



A clean test
tube
-to put your
swab in
when you
have finished
your test

The first stages of the test...

NHS
Test and Trace


HOW TO DO YOUR TEST

WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED



Use me before
and after your
test

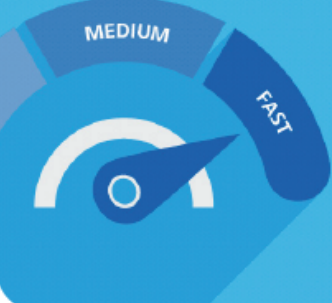
1




YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED

2

YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU

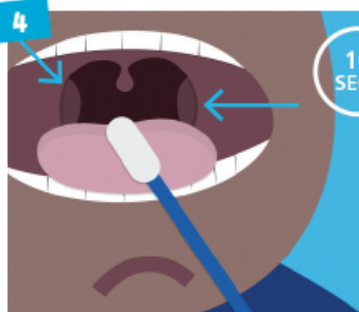


3



BLOW YOUR NOSE IF NEEDED. WASH AND DRY/SANITISE YOUR HANDS. REMOVE THE SWAB BEING CAREFUL NOT TO TOUCH THE SOFT PART

4



10 SECS

OPEN YOUR MOUTH WIDE AND USE A MIRROR TO LOOK AT THE BACK OF YOUR THROAT, THEN USE THE SWAB TO RUB FIRMLY 4 TIMES ON EACH SIDE

Remember:
Don't let your swab touch anything after its been in your mouth

-the desk



-your teeth



-your tongue



The second stages of the test...



- You must be careful with your swab
- now put your swab in one nostril
 - Do this 4-5 times

5 REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS

6 GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS. ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL, THIS WILL TAKE 10-15 SECONDS

7 AFTER THIS, YOU'RE DONE, GENTLY REMOVE THE SWAB BEING CAREFUL NOT TO LET ANYTHING TOUCH THE TIP

8 YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING, THIS TAKES ABOUT 30 MINUTES

9 YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT

Go back to your session after you have completed the test

Your parents/carers will receive your result

