

Resources to Prepare your Child for COVID-19 Testing

Websites



Kirsten Black, Child Life Specialist

This infographic provides information on creating non-traumatic nasal swab experiences, what to expect from a nasal swab test, and what kind of special clothing to expect to see in the hospital.

<https://bit.ly/3hhewiw>



ChildLife Saver

This Instagram post teaches you how to create a coping plan to reduce fear, anxiety, & trauma after your child has a nasal swab test.

<https://bit.ly/3c1bzln>



ChildLife Saver

This informative blog post teaches you how to prepare your child for a nasal swab test.

<https://bit.ly/2RgMj0T>



Meg Foundation

This infographic walks you through developing a comfort plan for your child during nasal swabs.

<https://bit.ly/2Rr5yVx>



Rady Children's Hospital San Diego

This resources provides helpful tips to encourage your child to keep their mask on in a fun and child-friendly way and how to prepare for a nasal swab test.

<https://bit.ly/2RkD3Zz>



Children's Mercy

This easy-to-follow graphic teaches you how to prepare you and your child for a nasal swab test.

<https://bit.ly/3kdiWsl>



Children's Hospital of Philadelphia

This website teaches you how to prepare your child for drive-through testing.

<https://bit.ly/3mfwjtz>

Videos



BC Children's Hospital:

<https://bit.ly/2GKj3xg>



The Hospital for Sick Children:

<https://bit.ly/2FwcjSZ>



Mayo Clinic:

<https://bit.ly/3k7A4A0>

