

Name of Child: \_\_\_\_\_ Date: \_\_\_\_\_

# Testing for Coronavirus Disease-19 (COVID-19)

## What is coronavirus disease-19?

**Coronavirus disease-19**, also called **COVID-19**, is a new type of coronavirus that was first diagnosed at the end of 2019. It is a type of virus that spreads easily between people by droplets in the air from someone coughing or sneezing. It can also spread through contact with surfaces that have germs on them, such as doorknobs and counter tops.

## What are the signs and symptoms of COVID-19?

COVID-19 causes fever, cough, and fast breathing. The signs and symptoms of COVID-19 are similar to a cold or flu. It can lead to other illnesses such as respiratory distress and pneumonia (an infection in the lungs). Most people do not have serious health problems from COVID-19 and get better with rest and fluids. However, if someone has a history of lung problems, diabetes, or other severe medical issues, he or she is at higher risk for having serious health problems if he or she gets COVID-19.

## Will my child be tested for COVID-19?

If your child has signs of COVID-19, your child's doctor may write an order for your child to be tested. Phoenix Children's is also testing all patients before a surgery, procedure, or treatment where special medicines to help your child relax or sleep will be used. These medicines are called **sedation or anesthesia**. Testing for COVID-19 is done to protect your child, your family, the healthcare team caring for your child, and the community.

If your child is being tested for COVID-19 because he or she has signs or symptoms of COVID-19,

follow the instructions your child's doctor tells you about how to care for your child. Before your child is tested for COVID-19, ask the medical team how you will find out your child's test results. **Keep your child at home while you wait for the test results.** If you have any questions when you get your child's results, call your child's doctor.

- For more information, ask your child's nurse or doctor for the handout:

- **How to Care for Your Child Who May Have Coronavirus Disease-19 (COVID-19) #3094**

If your child is being tested for COVID-19 because he or she is scheduled for a surgery, procedure, or treatment with sedation or anesthesia, the following information is important to know:

- Testing for COVID-19 is done a few days before the surgery, procedure, or treatment.
- Before your child is tested for COVID-19, ask the medical team how you will find out your child's test results.
- The results of the test need to show that your child does not have COVID-19. This means the test result is **negative** for COVID-19.
- Healthy people can develop signs of COVID-19 as soon as two days after being exposed to the illness. Because of this, we ask you to **keep your child at home** after the test while you wait to have your child's surgery, procedure, or treatment unless your child needs urgent medical care.
- Do not allow visitors in your home while you wait to have your child's surgery, procedure, or treatment.
- **Wear cloth face coverings whenever leaving home, such as a homemade face mask from cloth.** They can help prevent the spread of a respiratory illness to other people. Do not place cloth face coverings on children less than 2 years old, if someone is having trouble breathing, or if someone cannot take the mask off without help from someone else. Stay at least 6 feet away from other people, even if wearing a mask. Only take your child out of your home if it is absolutely necessary.
- Have everyone in your family wash his or her hands frequently with soap and water for at least 20 seconds. Make sure your family members know how to wash their hands the right way.
  - If your hands are not visibly dirty, use an alcohol-based hand rub (**hand sanitizer**) to clean them, making sure to spread the hand rub over all parts of your hands, between your fingers, and around

your nails. Rub your hands together until they are dry.

- For more information on washing your hands, ask your child's doctor or nurse for the handout,

### **Good Handwashing #100.**

- Clean the areas around your house, such as the toilet, bathtub, shower, sinks, doorknobs, counter tops, and light switches with soapy water or a household cleaning product (such as Lysol®) every day. If possible, use disposable gloves when cleaning. Throw gloves away after each use and then wash your hands.
- Try not to touch your face, nose, eyes, or mouth. Remind your family members to do the same.
- Check your child's temperature every day while you wait to have your child's surgery, procedure, or treatment.
- Call your child's doctor right away if your child develops signs of COVID-19 such as fever, cough, or fast breathing.
- If you have any questions when you get your child's results, call your child's doctor.

### **What to expect when your child is tested for COVID-19:**

If your child's doctor has recommended COVID-19 testing for your child, it will be helpful to know what to expect.

- The name of the test we do to check for COVID-19 is a **nasopharyngeal culture**. Our staff will explain the test to you and your child before we start. A Child Life Specialist may also be available to talk to your child about the testing process. If possible, we will ask your child to blow his or her nose before starting the test. To do the test, we use a **swab** that looks like a long Q-tip® to collect a sample from inside your child's nose. The swab needs to stay inside the back part of the nose for about 10 seconds, so this can be uncomfortable for your child. While one staff member collects the sample, another staff member can help your child hold still during the test. Once we have the sample, we will send it to a laboratory to find out if your child has COVID-19.
- When you arrive for testing, our staff members who will do the testing will be wearing medical gowns, gloves, and face masks or face shields. We wear these to protect you, your child, and our staff from the spread of germs from person to person.

- Your child will be tested either in a clinic inside of the building or at a drive through area outside of the building. Our staff will tell you where to go for COVID-19 testing when you schedule your child's appointment.
  - **For testing inside**, come to the clinic at your scheduled appointment time. If you arrive early, stay in your car and time your arrival to the clinic as scheduled. This is to prevent having more people than necessary in the waiting area.
  - **For drive through testing**, come to the drive through area no sooner than 5 minutes before your scheduled appointment time. Our staff will greet you there. We will ask you and your child to get out of the car and come to the testing area. The testing area is close by and in the shade.

### **How to prepare your child:**

It is important to give honest and simple information to your child to explain what COVID-19 is and to prepare him or her for COVID-19 testing. You can start by asking your child what he or she already knows. Be truthful, but reassuring when you answer your child's questions. It is important to stay calm. If you stay calm, it will often help your child to stay calm. Some suggestions for things to tell your child include the following:

- "The coronavirus is like the flu. It can cause coughing and fevers and can spread easily from person to person."
- "You will see people wearing medical gowns, gloves, and masks. This is to help prevent people from spreading germs to each other."
- "To do the test, one of the people wearing a medical gown, gloves and mask will place a swab that looks like a long Q-tip® in your nose for about 10 seconds to get a sample for the test."



**You will see people wearing medical gowns, gloves, and masks.**

- “Another person wearing a medical gown, gloves, and mask will help you to hold still.”
- “The swab may sting or feel uncomfortable when it is in your nose.”
- Talk about ways you can get through the test together. This might include:
  - Listening to music.
  - Letting your child use an electronic device.
  - Slowly counting to 10 once the swab is in the nose.
- After the test is completed, offer comfort to your child as needed.

**Now that you have read this:**

- Tell your child’s doctor or nurse why your child is going to have a nasopharyngeal culture. (Check when done.)
- Tell your child’s doctor or nurse how you will get your child ready for this test. (Check when done.)



**If you have any questions or concerns,**

- Call your child’s doctor or  Call \_\_\_\_\_



**If you want to know more about child health and illness, visit our library at The Emily Center at Phoenix Children’s Hospital**

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602-933-1400

866-933-6459

[www.phoenixchildrens.org](http://www.phoenixchildrens.org)

[www.theemilycenter.org](http://www.theemilycenter.org)

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**Disclaimer:**

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children’s Hospital urges you to contact your physician with any questions you may have about a medical condition.

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## FAMILY REVIEW OF THIS HANDOUT

Families: Please let us know what you think of this handout.

Would you say this handout is easy to read?

Yes  No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Why or why not?

Yes  No

Would you do anything differently after reading this handout? If yes, what?

Yes  No

After reading this handout, do you have any questions about the subject? If yes, what?

Yes  No

Is there anything you do not like about the drawings or pictures? If yes, what?

Yes  No

What changes would you make in this handout to make it better or easier to understand?

**Please return your review of this handout to your nurse or doctor or send it to the address below. You can also scan it and email it to [emilycenter@phoenixchildrens.com](mailto:emilycenter@phoenixchildrens.com).**

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