

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...



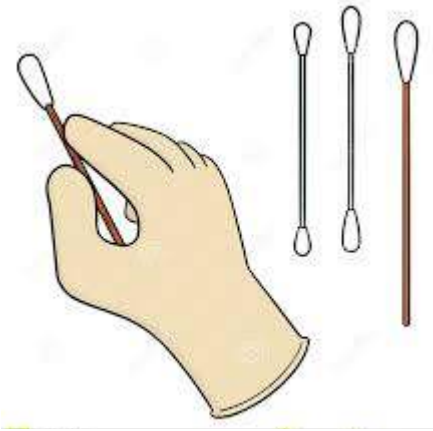
- Please don't worry – ask any questions you may have
- A member of staff will talk you through what you need to do
- You will be given your test kit here, be careful with it!

# 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

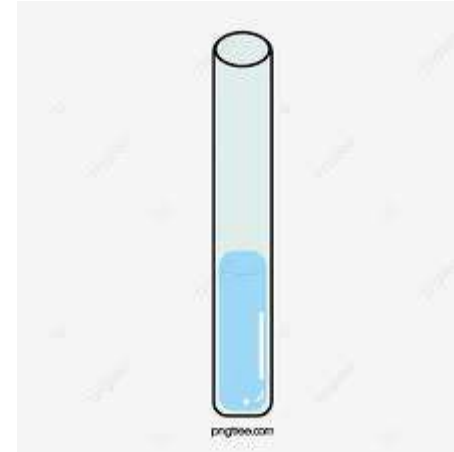
# What you will need today...



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

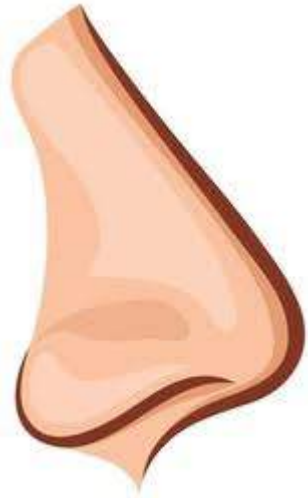


-your tongue






# 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

