# What If I Need to Be Tested for COVID-19?
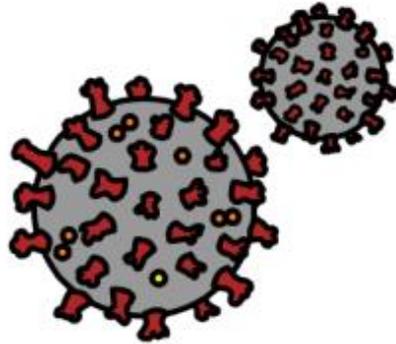
## A Story about What to Expect During the Swab

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of Community Autism Resources
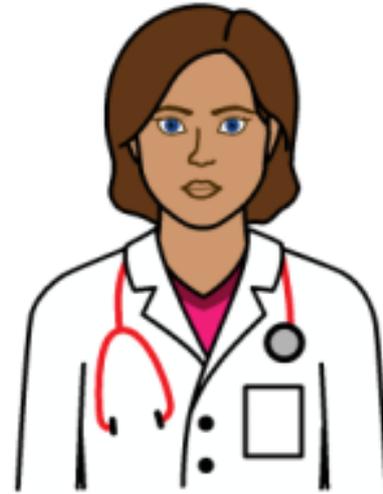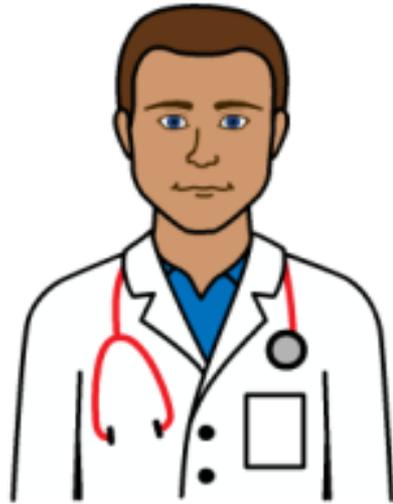
Doctors and nurses are helping to keep us healthy by testing for COVID-19.
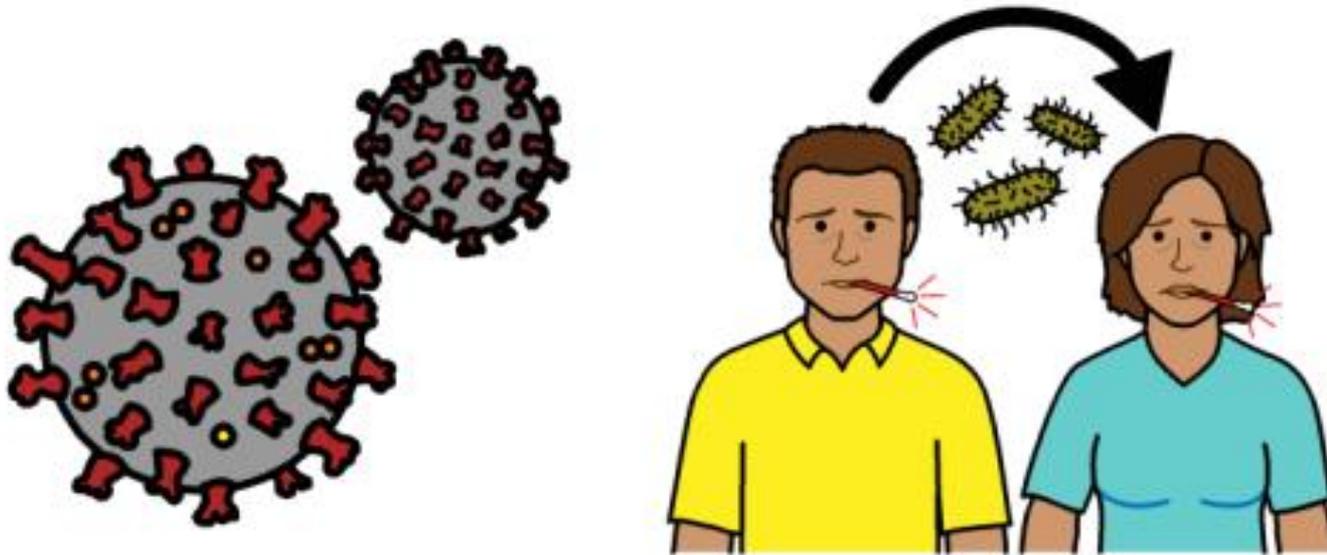
COVID-19 or Coronavirus is a virus that is spreading very quickly and making some people sick.
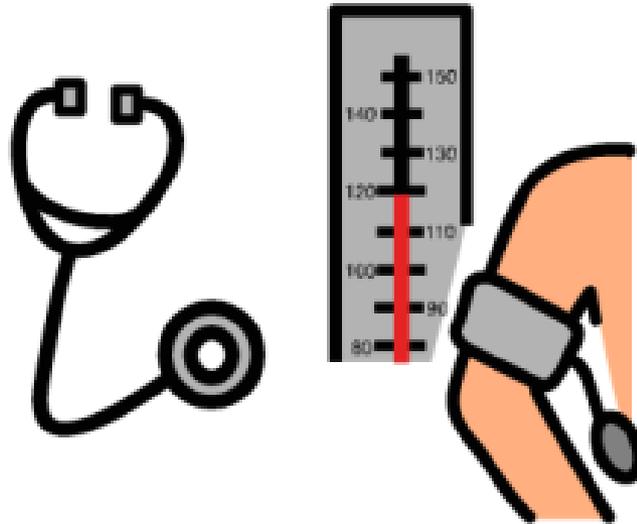
If I am exposed to the virus or start showing symptoms, I will need to be tested by a doctor.

The test for COVID-19 is a called a nasopharyngeal swab.

The swab looks like a long Q-tip. It comes in a plastic container that keeps it clean.
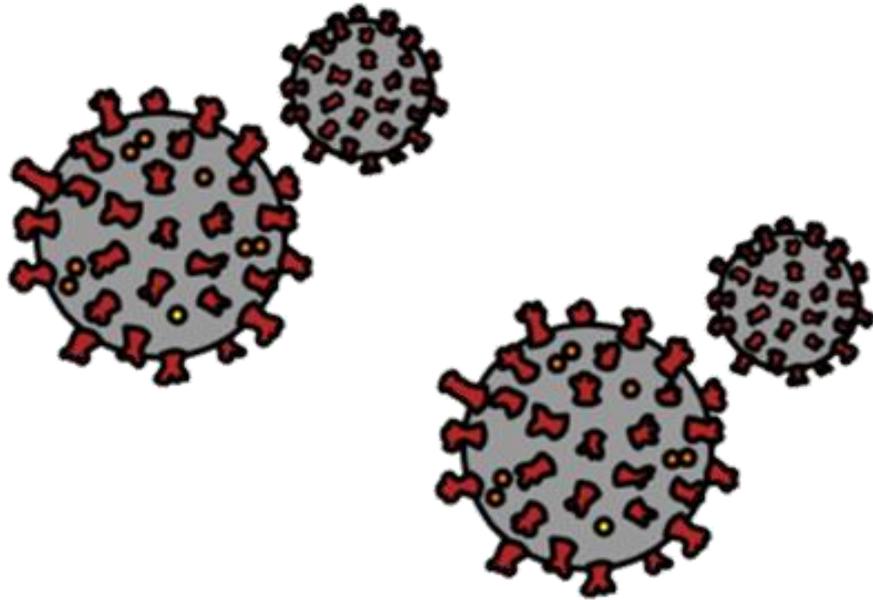
The swab traps germs to check if I have COVID-19.
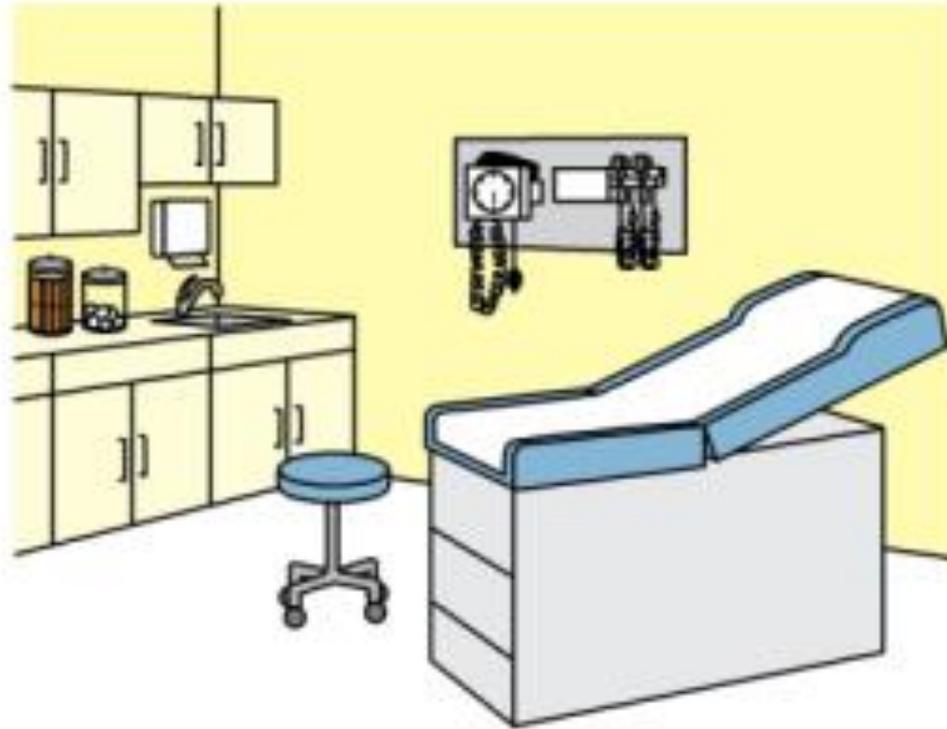
First, I will go to the doctor's office or a testing site. Some places can test you in the car. I will need to wear a mask so I do not spread germs to others.

The mask will cover my nose and mouth. I can still talk and breathe. It is important to keep the mask on my face.

The doctor will be wearing a mask, gloves, gown, and face shield. Doctors see lots of patients so they need to protect everybody from germs.

I will sit down while the doctor gets the swab ready. It is okay to feel nervous. The doctor wants to make sure I am not sick.

The doctor will ask me to blow my nose so that my nostrils are clear.
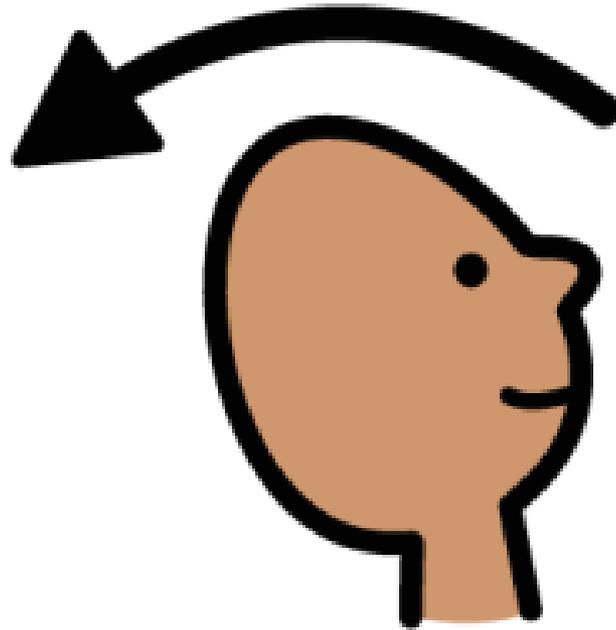
I will tip my head back. The doctor will gently push the swab into my nose.
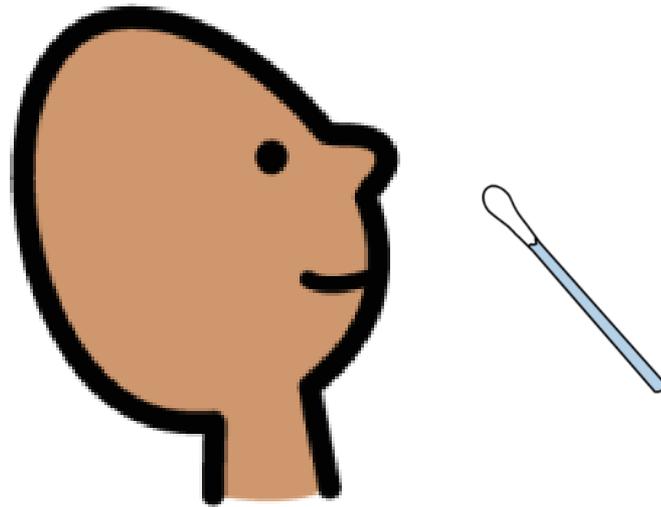
The test does not hurt. The swab might feel uncomfortable because I am not used to having things in my nose. My eyes might water. I will be okay.
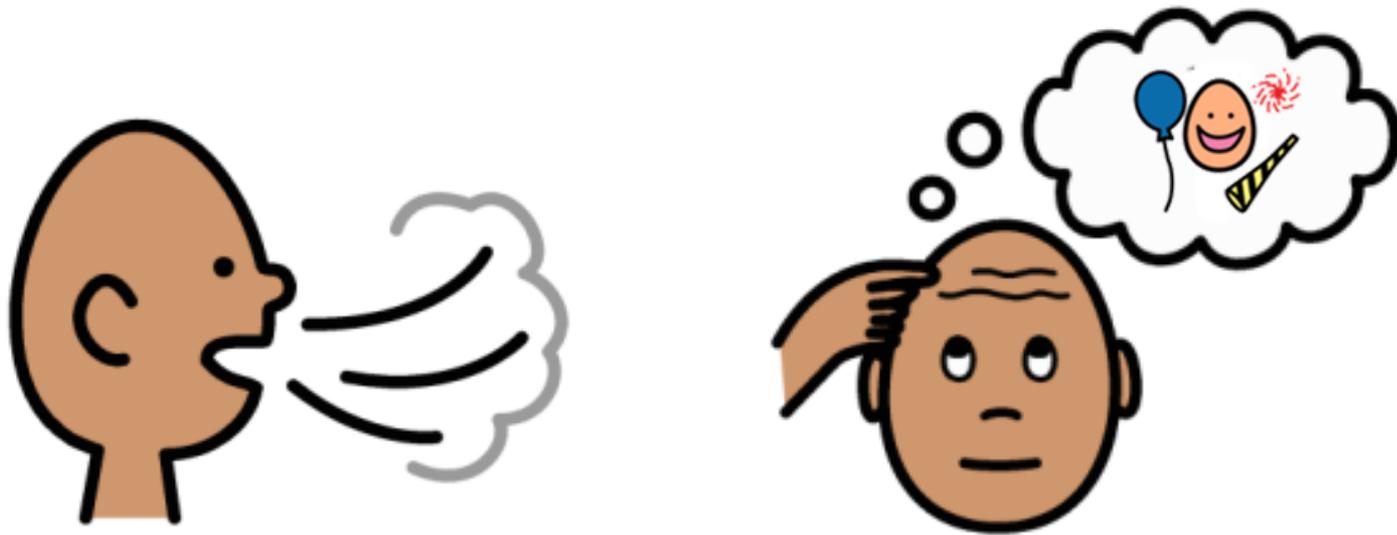
During the test, I breathe through my mouth and try to be calm. I can think of happy and fun thoughts.
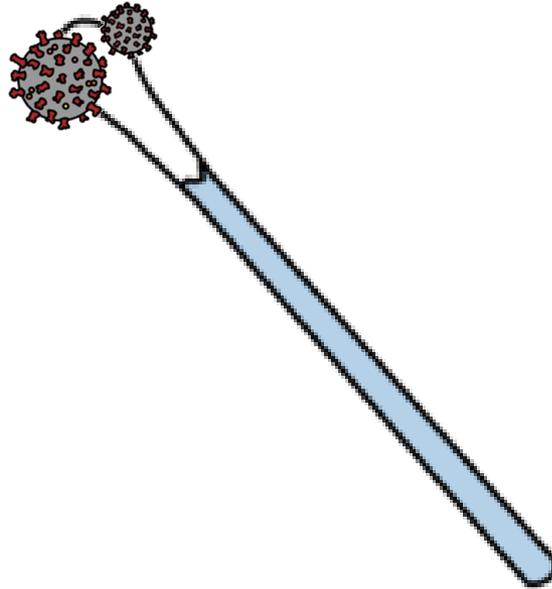
The swab will touch the back of my throat through my nose. This is where COVID-19 germs live. The germs stick to the swab when the doctor twists it.

The COVID-19 test is quick. The doctor will pull out the swab and seal it in a bag.
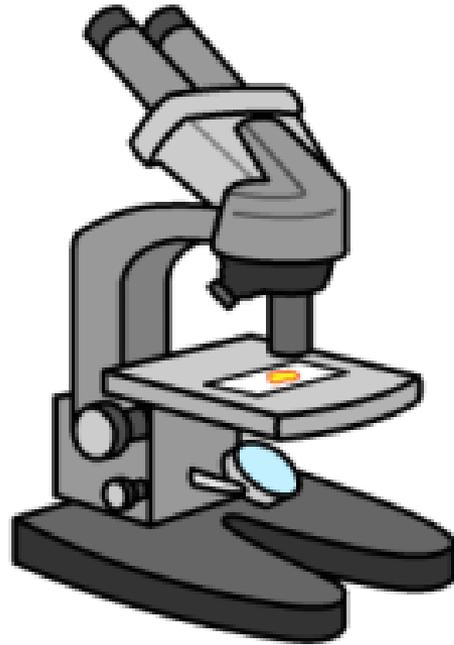
My swab will be sent to a lab for testing. Scientists will look at the germs and see if I have COVID-19.
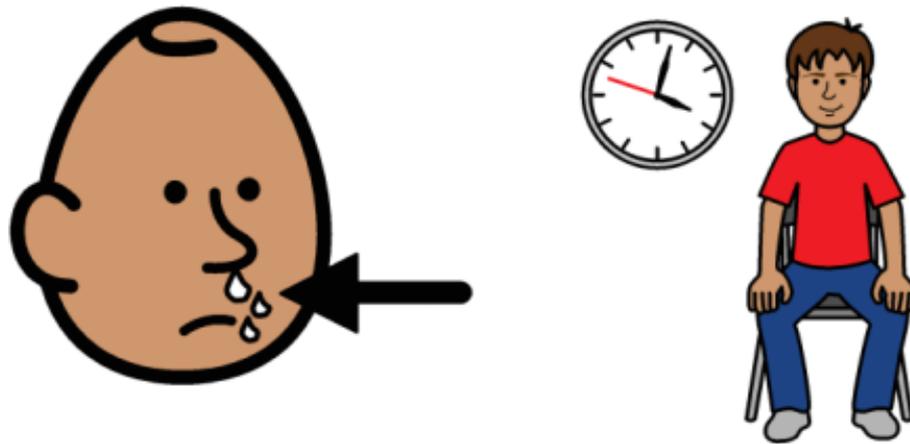
It will take a few days to find out if I have COVID-19.
It is normal to have a runny nose after the test.
While I wait, I should not get close to other people so
I do not get them sick.

If the doctor calls and says I have COVID-19, I do not need to panic. The doctor will tell me what to do to get healthy. I will need to quarantine for 14 days. That means staying at my house and not being near other people.
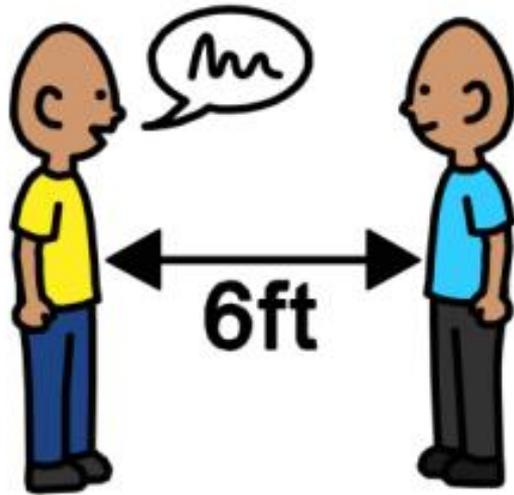
If I do not have COVID-19, I still need to practice social distancing, washing my hands, and taking care of myself.
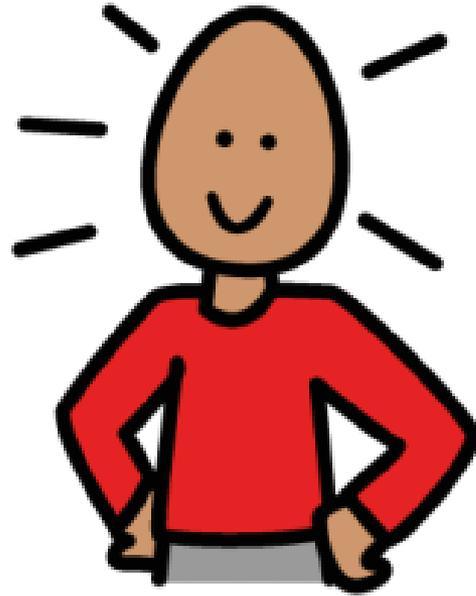
I am very responsible for taking the COVID-19 test. I can tell my friends and family about the swab. I can help them know what to expect.
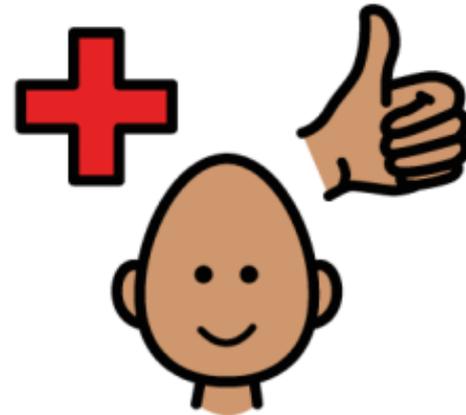
By getting a swab test, I am helping to keep myself and others healthy. We are working together to stop the virus. Together we are doing a great job.