

I'm Getting a Coronavirus Test



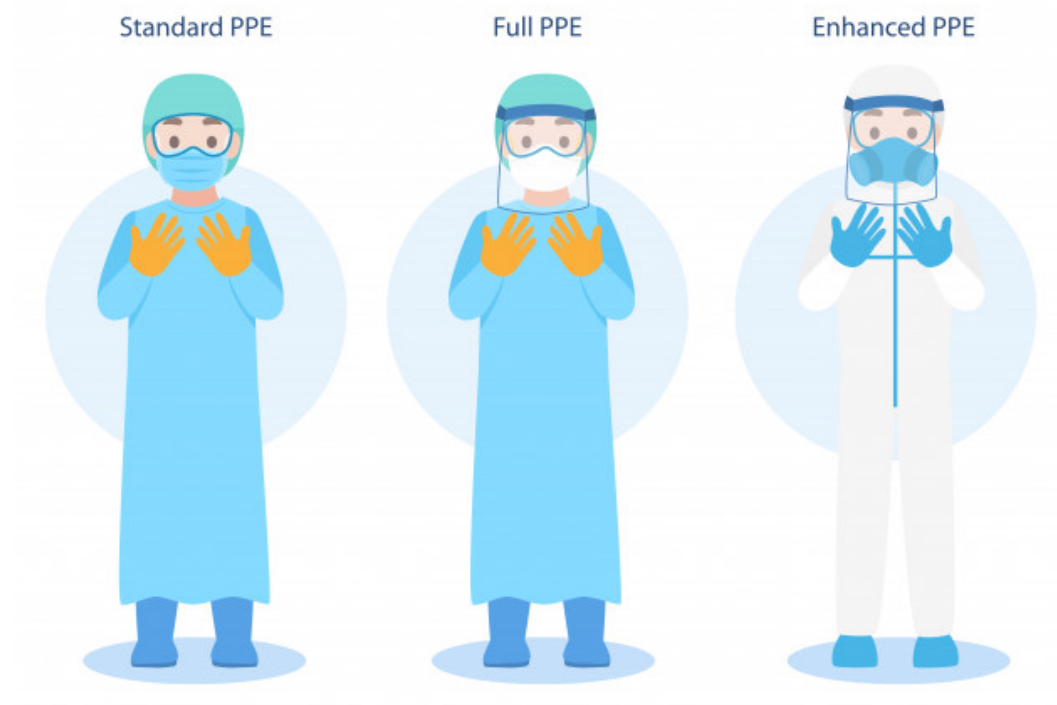
I will be getting a Coronavirus test! I will get in the car with my grown-up and we will drive to my school, Stone Ridge, to get a coronavirus test.



Once we get to school, I will wait in line until it's my turn to get my coronavirus test. I will see other people waiting, too. Everyone will be wearing masks to stay safe.



When it is my turn, I will meet the grown-up who will give me my coronavirus test. They are there to help me and make sure I am healthy. They might be wearing a mask, a face shield, gloves, and maybe even a special gown. That's to keep them safe, too!



When the grown-ups test me, I will sit down in a chair. The grown-up will stick a swab up my nose for about 5 seconds. It will not hurt, but it might tickle or feel funny. I can count to five to help keep myself calm!



After they put the swab up my nose, I am all done!



It's okay to feel nervous or scared about getting my test done. It is something different, and sometimes things that are different can make me have strong, uncomfortable feelings.

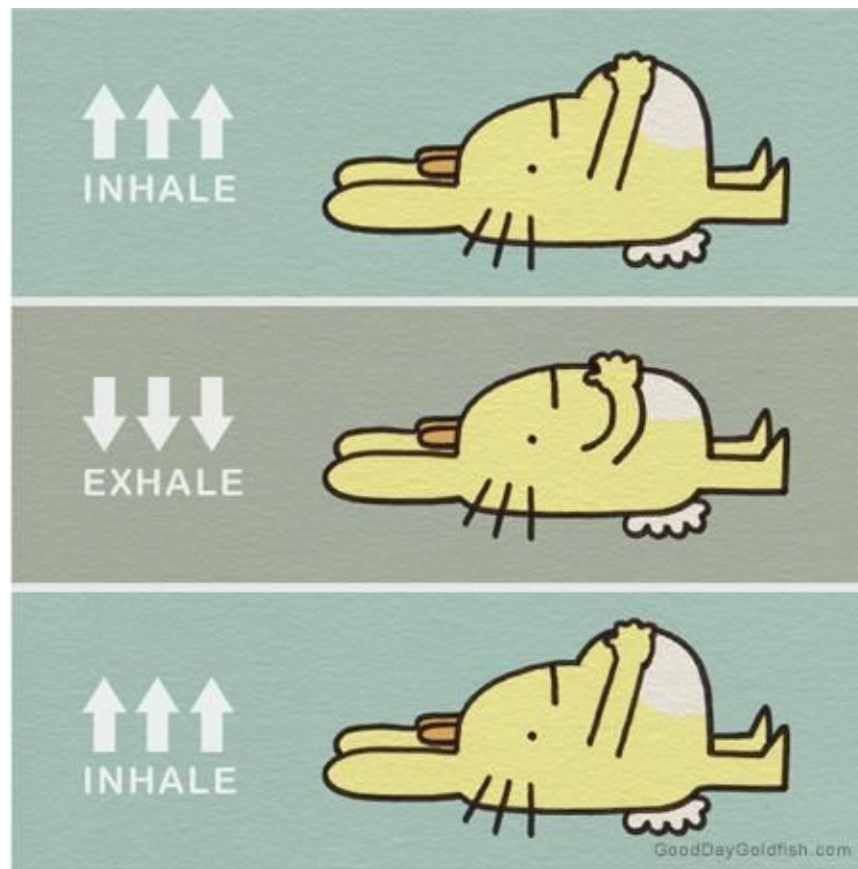


Scared



Worried

When I have strong, uncomfortable feelings I can put my hands on my tummy and take belly breaths. I can count to ten. I can ask my grown-up for help.



After I'm done taking my coronavirus test, I will feel brave! Getting my coronavirus test will keep me safe, and it will keep my friends and teachers safe too. If my test is negative, I will go back to school on Monday!



The End.