

BASIC GUIDE ON HOW TO USE THE NASAL SELF TEST FOR CHILDREN

What is a nasal self test?

It is an antigen test that is done by inserting a sampler (large cotton swab) into the nose. The test must be performed by an adult for children between 3 and 11 years of age.

Preparation :

- A description of the material is included at the end of this guide.
- Find a quiet spot for you and the child. He/she should be seated.
- Explain the different steps involved in the test to reassure the child and help him/her understand what is happening.
- Wash your hands with soap and water or use alcohol-based gel to make sure that your hands do not carry the virus.
- Take the items out of the box and place them on a clean, flat surface.

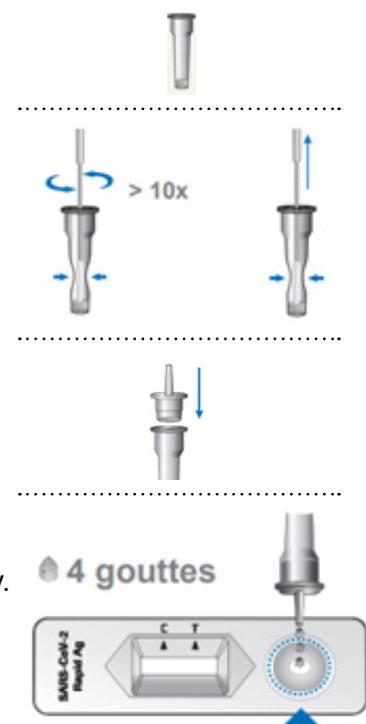
How to perform the test:

- Remove the sampler (large cotton swab) from its packaging by holding it by the stem.
- Do not touch the cotton ball.
- Gently insert the swab horizontally (do not push it up the nose), with the cotton ball first, into your child's nostril up to a maximum of 2 to 3 cm.
- The gesture must be slow and delicate. Do not force it or insert too deep.
- Rotate the swab 4 times for about 15 seconds.
- Remove the swab.
- Use the same swab in the other nostril. Gently insert the swab horizontally, with the cotton ball first, into your child's second nostril for a maximum of 2 to 3 cm. The gesture must be slow and delicate. Do not force it or insert too deep.
- Rotate the swab 4 times for about 15 seconds.
- Remove the swab.



For your child, the job is done. He/she can relax.

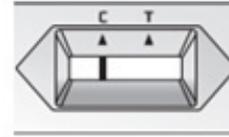
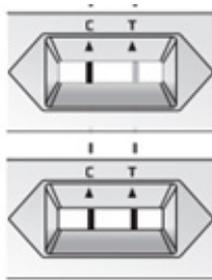
- Take the tube containing the liquid.
- Insert the cotton ball of the swab into the tube.
- Squeeze the sides of the tube and rotate the swab at least 10 times.
- Remove the swab from the tube, while squeezing the sides of the tube to make sure that all the liquid stays inside.
- Close the tube using one of the nozzle caps.
- Take the test device (the flat plastic box).
- Lay it flat in front of you.
- Put 4 drops in the circular area, pressing down on the tube if necessary.
- (Don't worry if you put several extra drops).
- Wait approximately 15 minutes for the result.



How to read the result:

For any result to be valid, a line must appear opposite the C mark on the test.

If there is no line, the test must be repeated with a new kit.



If **2 lines** appear, 1 opposite the C and 1 opposite the T, the test result is positive.

Your child must go into isolation.

If there is just **one line** opposite the C, the result is negative.

Your child may continue to go to school respecting the protective measures: hand washing, physical distancing.

COVID-19 explained to children:

- <https://www.verdeil.ch/le-coronavirus-explique-aux-enfants/>



- <https://www.rts.ch/decouverte/sante-et-medecine/maladies-et-traitements/le-coronavirus/le-coronavirus-explique-aux-enfants/>



Equipment for nasal self testing

1. Sterile swab



2. Tube containing liquid



3. Nozzle cap



4. Test device

