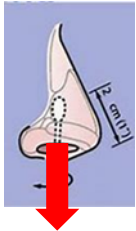## COVID 19 (CORONA) TESTING

HOW TO DO YOUR TEST

16. Remove the swab.

17. Place the swab in the tube for testing

18. This takes thirty minutes

19. Then there will be a result

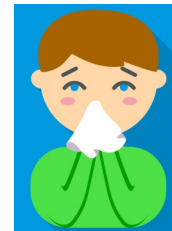20. Your parents will be contacted.

1. Your parents will be contacted

2. Your parents will say YES to the test.

3. Your test will be fast

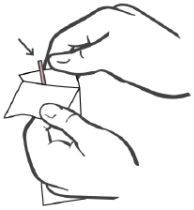4. It will not hurt. It might feel a little uncomfortable.

5. Blow your nose.

COVID 19 (CORONA) TESTING

HOW TO DO YOUR TEST

6. Sanitise your hands

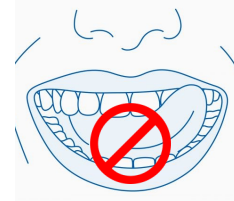7. Remove the swab

8. Do not touch the soft part

9. Open your mouth wide and use a mirror to look at the back of the throat.
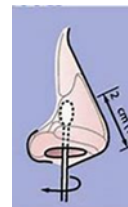
10. Use swab to rub firmly four times each side

11. This takes ten seconds

12. Remove the swab but do not touch your teeth, gums or tongue

13. Gently place the swab about 2 to 2.5 cm in one of your nostrils

14. Roll swab four to five times in your nostril

15. This takes ten to fifteen seconds