



**Ambitious  
about Autism**

# How to do a test for Coronavirus at home

An autism-friendly guide  
to testing your child  
or young person



# If your child or young person has symptoms, you should order a home test for Coronavirus.

The home testing kit for Coronavirus is a swab test. The test is invasive, and swabs are taken from inside the nose and throat.

Some autistic children and young people may find the home testing kit distressing.

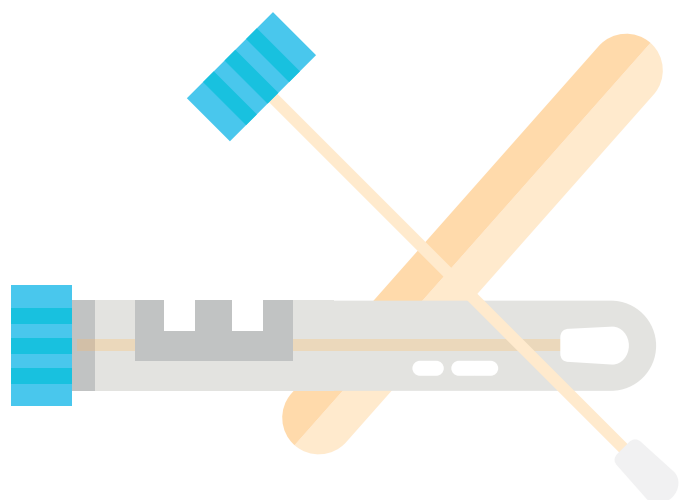
It is important to make adjustments to support your child and ensure the test is taken safely and accurately.

To relieve anxiety, you can use our Coronavirus home testing visual stories for children and young people.

There are several ways you can prepare your child for the test:

- If appropriate, allow your child to support their stress or anxiety by playing with their favourite toy or stimming toy during the test
- Put their favourite programme on so they can watch during the test
- Play relaxing music during the test
- Your child or young person might prefer to watch or close their eyes as you take swabs, give them the option

- Use a now and next visual where the 'next' side is an activity that your child enjoys, something that will motivate them to complete the Coronavirus home testing kit
- Ask them to blow their nose to ensure other bacteria doesn't interfere with the test
- To prepare yourself, wash your hands with soap for 20 seconds or use hand sanitiser.
- To prepare your environment, clean the surface before you put the home testing kit down.



# There are four steps to the Coronavirus home testing kit.

## Step 1



Open the packet and hold the swab at the stick end.

Do not touch the fabric end.

If the fabric end touches anything else other than the nose and throat the lab may not be able to process the results and your child may have to be retested.

You child must open their mouth very wide so you can put the swab in.

The swab needs to be rolled over the back of the throat, five times.

Do not let the swab touch the teeth, tongue, or gums.

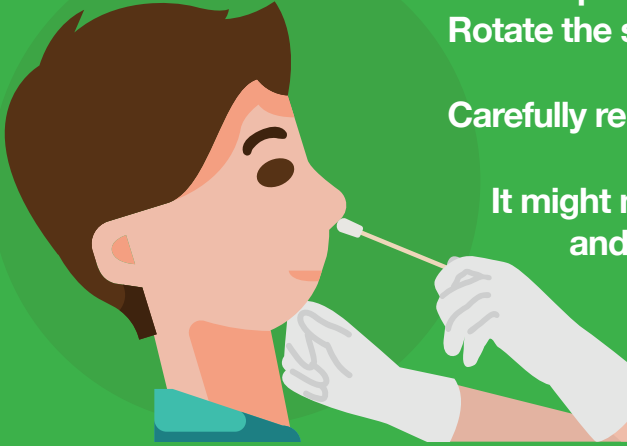
Remove the swab carefully without touching anything else inside the mouth.

It might be uncomfortable for your child or young person and may make them cough.

## Step 2



## Step 3



Next put the same swab up one of your child's nostrils.

Reach up until you feel slight resistance.  
Rotate the swab five times around the inside of the nose.

Carefully remove the swab and repeat in the other nostril.

It might make your child or young person uncomfortable  
and make them sneeze.

Keep hold of the swab and do not let it touch  
anything else.

Unscrew the top off the sample tube.

Inset the swab fabric end first into the  
sample tube.

Snap off the stick end and throw it away.

Close and secure the sample tube.

Wash your hands again.

Place the barcode label on the sample  
tube and prepare the test to be sent to  
the hospital laboratory.

In 3 days, scientists will work out if your  
child or young person has Coronavirus.

## Step 4



While waiting for the results it is important you follow the  
Government's guidelines on social distancing and self-isolation.

# We are Ambitious about Autism

Ambitious about Autism is the national charity for children and young people with autism.

We provide services, raise awareness and understanding, and campaign for social and policy change. Through TreeHouse School, The Rise School and Ambitious College, we offer specialist education and support.

Our ambition is to make the ordinary possible for more children and young people with autism.

## Contact us

The Pears National Centre for Autism Education  
Woodside Avenue, London N10 3JA

☎ 020 8815 5444

✉ [info@ambitiousaboutautism.org.uk](mailto:info@ambitiousaboutautism.org.uk)

🌐 [ambitiousaboutautism.org.uk](http://ambitiousaboutautism.org.uk)

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