



## Test for Coronavirus: What to expect

If going for a test at a drive through, the person doing the test will be wearing personal protective equipment (PPE). They will be wearing an apron, face shield/visor, face mask and gloves.

There are two parts to the test for Covid-19:

1. A throat swab
2. A nose swab

This means taking samples using a stick with a cotton bud at the end.

The person who is taking your samples may position themselves in front of you to be able to see clearly what it is they are doing.

They may also ask you to blow your nose, this is to remove any excess mucus that may interfere with the test.

When being tested for Covid-19 it is helpful to tilt your head back as this helps the person taking the samples to see clearly what it is they are doing.

When taking a sample from your throat the person taking your test will ask you to open your mouth wide as they do not want the swab to touch your tongue. Sometimes it can be difficult to see the back of someone's throat, the person taking your test may therefore use a flat stick called a tongue depressor to hold down your tongue.

Once they are able to see your throat, they will then place the swab at the back of your throat and they will move it around. This may feel uncomfortable and a bit strange but it is over quickly.

Once they have done this they will remove the swab from your mouth. You can close your mouth once the swab is removed.

When taking a swab of your nose, they may use the same swab that they used for your throat, or they may use a new swab. This depends on the brand of the test they are using; this is okay.

When taking a sample from your nose, the person taking your test will insert the swab up one of your nostrils. You may feel the swab going up your nose, this may feel a bit strange and a bit uncomfortable.

Once the person taking your test has inserted the swab far enough they will then move it around. This may feel uncomfortable and feel a bit strange but is over quickly, within 10-15 seconds.

Once they have done this they will remove the swab from your nose.

Your swab(s) will be securely stored in a container(s) and sent away to a laboratory for testing.

You should receive the results of your test by text message within 48 hours.

### **Before going for your test**

You may feel anxious, worried or concerned about going for a test. This is okay and these are completely natural feelings to experience.

If you are worried it is important that you speak to your friends, parents or carers about this, or speak to a professional, either by phoning the Test and Protect phone line on 0800 028 2816 or by phoning NHS 24 on 111.

You can find more information in our other [Test and Protect](#) resources that may help you.

This information has been written as clearly as possible for a wide readership. If you require support with this information then please make contact with our [Autism Advisors](#).