

Please follow these **10 steps** to complete the COVID-19 home kit and return it for testing.

This is the mouth & nose swab test that makes it easier for students and staff to get tested for COVID-19. Anyone can collect this swab. Many kids will be able to do it themselves with support of an adult.

1. **Make a plan.** Determine when you will be dropping off the kit to your school or to the CHEO Assessment Centre at Brewer Park. Plan to do the swab about 30-60 minutes before that. It will take you about 15-20 minutes to read these instructions, watch the video, do the swab, and fill in the registration form. **Do not eat or drink, chew gum, smoke or brush your teeth for 30 minutes before the swab.**
2. **Get your supplies ready.** You will need the following materials:
 - a. Your test kit containing a swab, tube, label, and Test Registration Form
 - b. Hand sanitizer and tissues
 - c. Your health card (if you have one) and CHEO MRN (if you know it)
 - d. Computer or phone with internet access (optional)
 - e. Insulated lunch bag or cooler, plus an ice pack to keep things cold during travel

3. **Read the instructions on the back of this page and watch the Swab Detective Video.**



<https://youtu.be/nZOLJJIBs7M>

4. **Practice with a Q-tip before doing the actual swab.** This is important if the person being tested is nervous, has never done a test before, had a bad experience with the NP swab in the past, or is a child under 10 who wants to do the swab themselves (with an adult helping).
5. **Complete the registration form.** If possible, complete the registration online if you have computer/phone access. Otherwise, fill out the Test Registration Form completely.



<https://redcap.link/SampleRegistration>

6. **Print your name and date of birth on the label.**
7. **Do the swab.** Follow the steps closely, as shown on the back of this page. Make sure the lid is on tight and the label with your name is attached to the tube.
8. **Put everything back in the bag.** The swab gets zipped into the inner pocket. The Registration Form (even if you completed it online) should be folded and placed in the outer pocket so that your name can be seen.
9. **Keep it COLD.** Please put the kit into an insulated lunch bag or cooler, along with a small ice pack, to keep it cold until you can drop it off. If there is a delay, please keep the kit in your refrigerator until you leave your house.
10. **Drop it off.** You can return it to your school or bring it to the **CHEO Assessment Centre at Brewer Park** during regular hours.

You're Done!

Thank you for getting tested

CHEO Assessment Centre at Brewer Park

151 Brewer Way, Ottawa, ON K1S5T1

Hours of Operations:

10am - 5pm Monday - Friday

8am - 3pm Saturday - Sunday

See Ottawa Public Health website for holiday hours

Instructions for the Combined Mouth & Nose Swab

Watch CHEO's
Swab Detective Video here:



<https://youtu.be/nZOLJIBs7M>

1 Take swab out of bag. Do not drink the liquid

2 Remove the swab from the package and hold the stick in the middle of at the breaking point where there is a small notch

3  **Stick out your tongue and firmly draw 5 circles on the back of your tongue with the swab**

4  **Firmly rub the inside of your cheek 5 times with the swab**

5  **Do the same thing on your other cheek**

6  **Put the entire sponge of the swab (1 cm) into your nostril and rub all around 5 times**

7  **Do the same thing in your other nostril**

8  **Place the swab into the tube and snap it off at the line. Tighten the lid. Do not drink the liquid!**

9  **Place the label with your name and date of birth horizontally on the tube**