You are going to have a swab today, do you know why? It is because you're staying in the hospital for a couple nights in a row. Everyone who stays has to get a swab because of coronavirus or covid-19. This is a new virus that is making a lot of people around the world sick. The doctors want to check and see if it is making you sick too.
It's a virus that has symptoms that sometimes like to hide or can act kind of like the flu. If you have symptoms, you may have a dry cough, fever or trouble breathing.
A swab looks like a long and skinny Q-tip. It is a stick with a small piece of soft fluff on the end. When you're getting a swab test done, the nurse will swab the inside of your nose.
The inside of your nose is kind of like a cave and sometimes things like to hide in caves. The swab is used to capture small germs that hide inside your nose and sometimes get trapped in your boogers.

It looks like a cave!

The germs that like to hide in your nose.
When the nurses are doing your swab, they have to wear personal protective equipment, which can make them look different! Nurse Alyssa shows us all the steps to putting on the PPE and how it changes the way she looks!
In addition to the PPE, nurse Alyssa is also wearing a face shield. This is to make sure that she is safe and protected, and so are you!

Here is a picture of the shield!

Here is a picture of nurse Alyssa wearing the shield!
With the fluff part of the stick, the nurse will rub the inside of your nose (nostril) for a few seconds.

The tip is soft and bendy. This is the part that goes into your nose!

Here is a picture of Ray getting swabbed!
While your nurse uses the swab, your very important job is to sit or lay down and be very still, just like a statue. The nurse may ask you to close your eyes or lift your chin up a little bit. Sometimes when the nurse is using the swab inside your nose it may feel uncomfortable and make your eyes water or make you feel like coughing or sneezing.

Ray is sitting nice and still during the swab!
It might help to give your nose a little rub on top when the swab is all done.

Here we see Ray giving their nose a rub to make it feel better!
The swab with your boogers on it will be put in a special container and given to a scientist to look at under a special machine called a microscope. After the scientist looks at the germs under the microscope they will be able to see if those germs are making you feel sick.

This is what the special container looks like.

This is what the microscope looks like.
while you are waiting to find out your results, you will have to stay in your room and you can’t leave. There are some fun people, recreation therapists and child life specialists, that can bring you some toys and activities to help you pass the time!

Ray is relaxing watching TV and plays a game with a fun friend!
If you are at a testing centre, you will be told to go home and wait until you hear about your results. Once you get home you can’t leave your house until you hear from public health or your doctor. This is important so that we do not spread our germs!

Ray is watching TV, under a blanket at home!
While you are waiting to get your results, it is extra important that you wash your hands! This will help to not spread your germs to anyone else! Remember when washing your hands, to get them wet first, and then put on the soap. While you are washing your hands, sing the happy birthday song 2 times! This will help you to wash your hands for 20 seconds, getting rid of all the yucky germs!
Great work, your job is done!
Created by Child Life Specialists at Jim Pattison Children's Hospital!