

Name of Child: _____ Date: _____

Testing for Coronavirus Disease-19 (COVID-19)

What is coronavirus disease-19?

Coronavirus disease-19, also called **COVID-19**, is a type of coronavirus that was first diagnosed at the end of 2019. It is a type of virus that spreads easily between people by tiny virus particles (**aerosols**) in the air from someone coughing or sneezing.

What are the signs and symptoms of COVID-19?

There are many different signs and symptoms of COVID-19. The most common signs and symptoms are fever, cough, and difficulty breathing. The signs and symptoms of COVID-19 are like a cold or the flu. It can lead to other illnesses such as respiratory distress and **pneumonia** (an infection in the lungs). Most people do not have serious problems from COVID-19 and get better with rest and fluids. However, if someone has a history of lung problems, heart problems, diabetes, obesity, or other severe medical issues, they are at a higher risk for having complications from COVID-19.

Will my child be tested for COVID-19?

If your child has signs of COVID-19, your child's doctor may write an order for your child to get a COVID-19 test before having a surgery, procedure, or treatment in one of our outpatient locations.

Phoenix Children's also tests some patients for COVID-19 that will be admitted to the hospital before they have a surgery, procedure, or treatment where special medicines called **sedation or anesthesia** are used to help your child relax or sleep. Your child may need testing depending on how many COVID-19 cases there are in the community and also the type of surgery, procedure, or treatment they need. We do COVID-19 testing to protect your child, your family, the health care team caring for your child, and the community.

If your child is being tested for COVID-19 because they have signs or symptoms of COVID-19, follow the instructions your child's doctor tells you about how to care for your child. Before we test your child for COVID-19, ask the medical team how you will find out your child's test results. **Keep your child at home while you wait for the test results.** If you have questions when you get your child's results, call your child's doctor. For more information, ask your child's nurse or doctor for the handout:

- How to Care for your Child with Coronavirus Disease-19 (COVID-19) #3092

The following information is important to know if your child is being tested for COVID-19 because they are scheduled for a surgery, procedure, or treatment with sedation or anesthesia:

- We do COVID-19 testing a few days before the surgery, procedure, or treatment.
- Before we test your child for COVID-19, ask the medical team how you will find out your child's test results.
- The results of the test need to show that your child does not have COVID-19. This means the test result is **not detected or non-reactive** for COVID-19.
- Healthy people can develop signs of COVID-19 as soon as two days after being exposed to the illness. Because of this, we ask you to **keep your child at home** after the test while you wait to have your child's surgery, procedure, or treatment unless your child needs urgent medical care.
- Do not allow visitors in your home while you wait to have your child's surgery, procedure, or treatment.
- **Wear a mask whenever leaving home.** Masks can help prevent the spread of a respiratory illness to other people. Do not place masks on children less than 2 years old, on anyone who is having trouble breathing, or on anyone who cannot take the mask off without help from someone else. You must still stay at least 6 feet away from other people, even if wearing a mask. Only take your child out of your home if it is necessary.
- Have everyone in your family wash their hands frequently with soap and water for at least 20 seconds. Make sure your family members know how to wash their hands the right way.

- If your hands are not visibly dirty, use an alcohol-based hand rub (**hand sanitizer**) to clean them. Spread the hand rub over all parts of your hands, between your fingers, the backs of your hands, and around your nails. Rub your hands together until they are dry.
- For more information on washing your hands, ask your child's doctor or nurse for the handout, **Good Handwashing #100**.
- Clean the areas around your house, such as the toilet, bathtub, shower, sinks, doorknobs, and counter tops with an appropriate household cleaning product (such as Lysol® disinfecting wipes) every day. If possible, use disposable gloves when cleaning. Throw gloves away after each use and then wash your hands.
- Try not to touch your face, nose, eyes, or mouth. Remind your family members to do the same.
- Check your child's temperature every day while you wait to have your child's surgery, procedure, or treatment.
- Call your child's doctor right away if your child develops signs of COVID-19 such as fever, cough, or fast breathing.
- If you have any questions when you get your child's results, call your child's doctor.

What to expect when your child is tested for COVID-19:

If your child's doctor has recommended COVID-19 testing for your child, it is helpful to know what to expect.

The type of testing we do at Phoenix Children's to check for COVID-19 is called a **polymerase chain reaction (PCR) test**. This type of test often provides the most accurate results. Your child will need to have a **nasopharyngeal (NP) swab** to collect a sample for the PCR test. If your child has medical issues that do not allow for the NP swab, **saliva** testing may be approved by our staff. We will tell you and your child about the method of PCR testing we will use before we start.

- For the **NP swab testing method**, we will ask your child to blow their nose, if they can, before starting the test. The NP swab looks like a long Q-tip®. It needs to stay inside the back part of the nose for about 10 seconds to collect a sample. This can be uncomfortable for your child. While one staff member collects the sample, another staff member can help your child hold still.

- For the **saliva testing method**, the child needs to provide a sample by spitting their saliva into a container. The saliva testing method is only available for children who:
 - are 5 years old or older.
 - can spit into a testing container on their own.
 - have a medical condition such as a bleeding disorder or a problem inside the nasal passages.

If your child is approved for the saliva testing method, follow these steps before you bring your child to Phoenix Children's for testing:

- tell your child to drink plenty of liquids the day before the test.
 - tell your child to brush their teeth and rinse well with water after brushing.
 - tell your child not to eat or drink anything for 30 minutes before saliva testing.
- Once we have a sample, we send it to a laboratory to find out if your child has COVID-19. Ask your nurse or doctor how long it will take to get the results of your child's COVID test.
- Other methods of COVID-19 testing include using a nasal swab or a throat swab. The nasal swab collects a sample from inside the nose without going up into the back part of the nose. The throat swab collects a sample from the back of the throat. These are common testing methods used for general testing for schools or workplaces. COVID-19 testing centers in the community often use these testing methods.
- Our staff will tell you where to go for COVID-19 testing when you schedule the appointment.
- If your child needs extra support to get the testing completed, tell your child's nurse or doctor in advance. They can contact the testing team to see what type of support we can offer to help your child's testing process go smoothly. A Child Life Specialist may be available to talk to your child about the testing process.
- Come to the testing area at your child's scheduled appointment time. If you arrive early, stay in your car and wait until it is time for your child's appointment. This is to prevent having more people than necessary in the waiting area.

- When you arrive for testing, our staff members who will do the testing may be wearing medical gowns, gloves, and face masks or face shields. We wear these to protect you, your child, and our staff from the spread of germs from person to person.



Our staff members who will do the testing will be wearing medical gowns, gloves, and masks.

How to prepare your child:

It is important to give honest and simple information to your child to explain what COVID-19 is and to prepare them for COVID-19 testing. You can start by asking your child what they already know. Be truthful but reassuring when you answer your child's questions. It is important to stay calm. If you stay calm, it will often help your child to stay calm. If your child has a comfort item, you can bring it with them to help them cope during testing.

Now that you have read this:

- Tell your child's doctor or nurse why your child is going to have a PCR test to check for COVID-19. (Check when done.)
- Tell your child's doctor or nurse how you will get your child ready for this test. (Check when done.)



If you have any questions or concerns,

- Call your child's doctor or Call _____



If you want to know more about child health and illness, visit our library at The Emily Center at Phoenix Children's Hospital

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The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.