

## A GUIDE TO

# Rapid Antigen Tests

Try to use a type of Rapid Antigen Test that avoids sensory triggers, i.e. saliva or oral instead of nasal.

Most tests come with a visual schedule, or use [this simplified one](#). Dr Eric Levi has a great video for visual learners [here](#).

Let them watch you do it first so they know it's safe and explain to them that it is uncomfortable and nobody likes doing it. Remind them that everybody is doing it!

Spend some time before the test to explain what the results could be and what they mean. Have a plan in place. [This video](#) is very helpful!

Find a comfortable spot to sit - use a blanket, do it in the bath, sit on a beanbag, etc. Do it in front of a mirror. Pick a good time of day (e.g. evening before).

Tell them it's a science experiment. Or that it's just like sticking their finger up their nose!!

Let them pick the alarm noise on your phone or timer. Get them to count down with their fingers (or count down together).

Let them do it themselves! Get them to breathe out while swabbing their nose

Don't push it. If they are getting upset, try again later.

If the test is positive, remind them not to stress! They have to stay at home so they don't spread germs to their friends. They may feel like they have a cold.