How to test a child for COVID-19
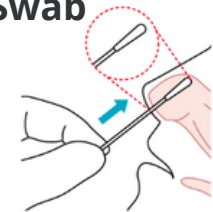## Using Flow*flex* COVID-19 home test

Please read the Flow*flex* package insert before you start the test. Then use these simple instructions to do the test.

Scan this with your phone to watch a video about testing a child:

Swab

1.

15 seconds

For the child's safety, have another person hold the child's head still while you swab the child's nose. Gently put the entire tip of the swab into 1 nostril about 1/2 to 3/4 of an inch. **Gently rub the swab in a circle 5 times** (for 15 seconds) so it touches all the inside parts of the nostril. **Repeat** this in the other nostril.
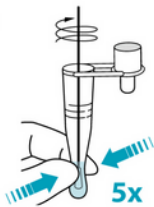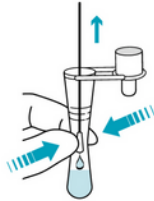
Stir   **Squeeze**   **Remove**

30 sec.   **5x**

2.

Right away, place the swab into the tube and stir it in the liquid for **30 seconds.**
   a. Squeeze the bottom of the tube so you're also squeezing the swab.
   b. Continue to squeeze the tube while removing swab.
   c. Throw the swab in the trash.

Close   **Drop**

4x

3.

Put the attached cap on top of the tube and **push it closed.** This turns the tube into a dropper. Swirl the liquid to mix it.

Turn the tube upside down and gently squeeze **4 drops of liquid** into the sample area. Throw the tube in the trash.
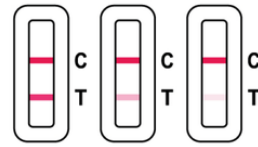
Read Results

4.

15 MIN

Set a timer for 15 minutes. **Read results at 15 minutes**. Do not read after 30 minutes because it may give a false result. Throw the test in the trash after you read the results. **See other side for how to read results.**

How to read your child's test results

If the test is positive:

Both the control line (C) and test line (T) show up.

Note**:** Any faint red or pink line in the test line area (T) means the test is positive.

The test found the virus and your child has a COVID infection.

What should I do now?
- Call your child's doctor or other healthcare provider.
- You and your child must stay home for at least **5 days** and isolate (stay away) from others in your home.
- Call or text people who your child has been in close contact with. A close contact is someone who was **less than 6 feet away** (a car length) from your child for a total of 15 minutes or more in a 24-hour period (starting from 2 days before symptoms started).
- Wear a well-fitted mask if you have to be around other people. If you can, wear a N95 or KN95 respirator.

What symptoms could my child have?
- Cough, shortness of breath, or trouble breathing
  - If your child has trouble breathing, call 911 or go to the emergency room.
- Fever or chills
- Muscle or body aches
- Diarrhea and throwing up
- New loss of taste or smell

If the test is negative:

Only the control line (C) and no test line (T) shows up.

The test did not find the virus, **but that doesn't always mean they do not have COVID.**

What should I do now?
- **Consider testing your child again 1-2 days later.**
- Some home tests are designed to be used in a series (also known as serial testing). Getting 2-5 negative tests results over 2-5 days increases the chances that your child does not have COVID.
- If you or your child have any symptoms, stay home and away from others and test again in 1-2 days.

If the test is invalid:
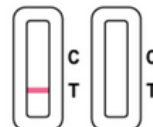
If you do not see a control line (C) the test did not get a positive or negative result.

What should I do now?
- **Re-test** your child with a new swab and test.