



## Tips to help a child when completing a Rapid Antigen Test

- **Choose a type of Rapid Antigen Test (RAT)** that avoids sensory triggers (eg. some participants might prefer an oral fluid test to a nasal swab). The different test types are available on the [TGA website](#).
- **Download and print the relevant visual schedule** from our website (no printer? show full screen on a computer or tablet).
- **Pick the right time.** Find a moment when you and the child are calm, in an environment that limits the child's sensory triggers.
- **Read them the visual schedule slowly.** Explain that is about staying healthy. Allow your child time to ask questions or provide more information as you go through the visual schedule if you think they are not understanding.
- **Offer insights on what's next.** Discuss what you will do after the test and prepare this activity. Use a First/Then board, as needed. Whenever possible, allow the child to choose what they would like to do following the RAT test.
- **Demonstrate the test** on a preferred object or person, such as a stuffed animal, a doll, or a family member. Let the child practice on their own toy, with a cotton bud.
- **Check resources online.** Some manufacturers include video demonstrations - watch them in advance and, if helpful, with your child.
- **Don't rush things.** Look at the visual schedule and the testing kit instructions a number of times before undertaking a test. This will help you as the tester feel more confident and comfortable with carrying out the test.
- **Use supports.** Allow the child to hold their favourite toys or self soothing items during the test.
- **Reassure** the child that they are going to be okay.
- **Give them choice and control.** If using a nasal swab test, ask them which side of the nose they would like swabbed first.
- **Be supportive.** Praise all attempts and provide reinforcement for all efforts. This could be access to a preferred activity or a special treat.