



BONITOTS BILINGUAL NURSERY AND PRE-SCHOOL

COVID-19 TESTING GUIDE



USEFUL LINKS



1

[NHS symptom checker](#)



2

[NHS testing page](#)



3

[Gov.uk page to book tests](#)



4

REPORT SYMPTOMS TO US [HERE](#)



**Please use our
new form to
report
symptoms!**



PARENT PERSPECTIVES

OUR PARENTS SHARE THEIR EXPERIENCES



A HOME TEST

A 15 MONTH OLD'S EXPERIENCE WITH THE HOME TEST

We initially intended to get X tested at a testing station on the day her symptoms developed. There is one at the O2 in Greenwich and I think you have to drive there (ie you can't take public transport). You have to book first, which is easy. We went on Sunday afternoon and there was no queue. You have to stay in the car at all times and windows have to be up. The testing is fairly difficult to administer to a child in the back seat: you'd probably have to climb back there if you intended to do it this way. The child will inevitably not like a swab in their nostrils so actually them being in a car seat might be an advantage in that it keeps them penned in (sorry if this is beginning to sound barbaric!). In the end, we didn't test X this way but we did test ourselves: the results were texted to us the next morning. Ideally, because you can get tested sooner and don't need to wait for delivery of the home testing kit, the testing station seems to be the fastest way but this is harder for testing a toddler, and the whole experience is going to be more difficult for them and you. Another factor is how much your child likes being in the car at the best of times.

We did a home testing kit for X. This delivered the day after ordering it. As you know, we did nostrils not tonsils and thankfully this was enough; the booklet says that there is a lower chance of getting a reliable result this way, however, but I'm not sure what choice you have with a toddler or baby. You have to insert the swab in each nostril for 10-15 seconds and rotate it. It's meant to be pushed up in the nostril a little way. CX did not enjoy this and needed comforting afterwards (I don't blame her). You then put the swab in a vial (which comes with the kit) and pack everything up in the secure package you are sent for return delivery. You then post it from a PRIORITY POSTBOX: all explained here. We got the results back by text about 48 hours after sending off the sample. This method takes quite a bit longer than the testing site, allowing for postage times, but doing it in a home setting can only be easier for the child. The ordering and registering of the kits to someone once you receive them is fairly easy.

For a child, the government booklet recommends doing this in front of the TV or another distraction and had some helpful if generic guidance: be calm, talk your child through what you're doing, suggest a reward, make it a game if you can etc. This is going to be more relevant for older children and irrelevant for younger ones.

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A DRIVE THROUGH TEST

A 22 MONTH OLD CHILD'S EXPERIENCE WITH THE TEST

1. I think I used the link Jelena provided but I think it's google-able "Covid test near me"
 2. Had to put X's info in and have her NHS number to hand. You need a mobile number to book the test online. Up to 3 people from the same house can be tested at one time. Took 5 mins if that and got an email confirming all the details. We booked on Friday and got a slot for Saturday.
 3. We selected a drive thru test. The test centre nearest to us was at Charlton Athletic's stadium.
 4. It's like going to a crap safari - everyone has to stay in the car. You roll down the window and they Chuck in the test(s). I needed to show the email confirming we had pre-booked. You get a QR code on your email and need to show this and they scan it through the window!
 5. I think it's a two person job to do the test. Although they require you to stay in the car they allowed us to drive further into the car park away from others so that Y could administer the swab while I held X down in the back seat.
 6. All in all took a few mins to do the test. X did not appreciate the swab on her tonsil but less bothered about it up her nose. I placated her with Hey Duggee on Netflix and a dried apricot. You then have to dispense the result into a test tube and then put in plastic wallet provided which you put into a container.
 7. Took the test 11.30am on Saturday, got result by 2.11am on Sunday.
- All in all it was very efficient. Hardest part was doing the actual test as X put up a good fight! Would recommend having antibacterial wipes as you have to touch the stuff they give you. Also should wear a mask when going for the test.

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A DRIVE THROUGH TEST

A 15 MONTH OLD'S EXPERIENCE WITH THE TEST

Following on from your post earlier today I wanted to email and let you know the process/joy of doing the COVID test.

We called 119 and advised them that X had had a temperature etc and were able to book for later that day for a test (drive through).

When we arrived (Charlton football stadium) we were each given a little bag with instructions / swabs etc. You need to swab for 10 seconds on the tonsils (or where they would be) and then one nostril for the same time (pushing the swab v high up).

From a personal perspective, it is uncomfortable (gag reflex in full use). Also you have to make sure that you don't touch any other part of the mouth otherwise it contaminates the sample.

For X we didn't unstrap her from the car seat and pretty much pinned her to get the sample. As she was voicing her objections her mouth was open which helped - but it's definitely a two person job! After it was finished she was happy quite quickly.

We got the results really quickly (within 24hrs).