Getting Tested for COVID-19

A reader to help people with developmental disability understand why they might need to be tested for COVID-19 and what that test will be like.

DEVELOPMENTAL DISABILITY *wa*

How to use this book

The aim of this reader is to help families, carers and supporters of people who have developmental disability to start a conversation with about COVID-19 testing – both the testing process and why they may need to be tested. It is essential that people with developmental disability have the chance to learn about informed consent and have the chance to give or refuse their informed consent with regards to COVID-19 testing through a supported decision making process. The safety of people with developmental disability is compromised when they are not allowed to exercise bodily autonomy.

You can print this reader so that you can share it as a hardcopy book or you can view it together as a slide show on a computer or tablet. It can also be saved as a PDF and opened in iBooks on an iPad.

If the person you support has a robust AAC system, please use it to model key language in the reader and to model comments about the reader. This will help support their understanding and support them to find the language they need to ask questions and/or express their opinions. Remember to provide enough pause time so they can process the information and ask questions or offer their own comments. If the person does not have an AAC system yet, you can download and print a free core vocabulary board from Project Core here. You can also use the Aided Language Display created to support conversations about COVID-19 testing shared on the DDWA website. You can use the Aided Language Display created for supported decision making shared on the DDWA website too.

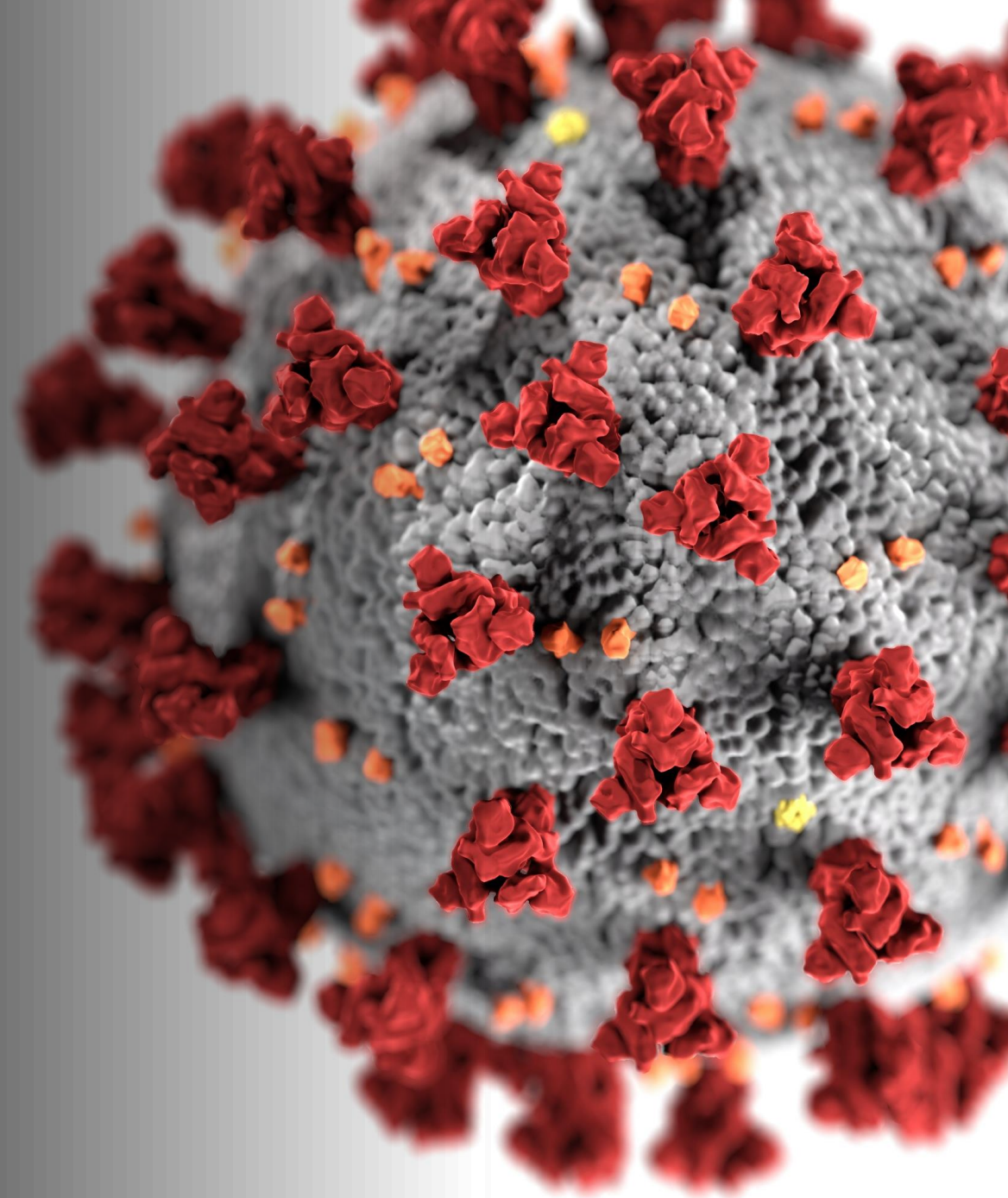Do you need to have a test for COVID-19?

This book will help you decide.

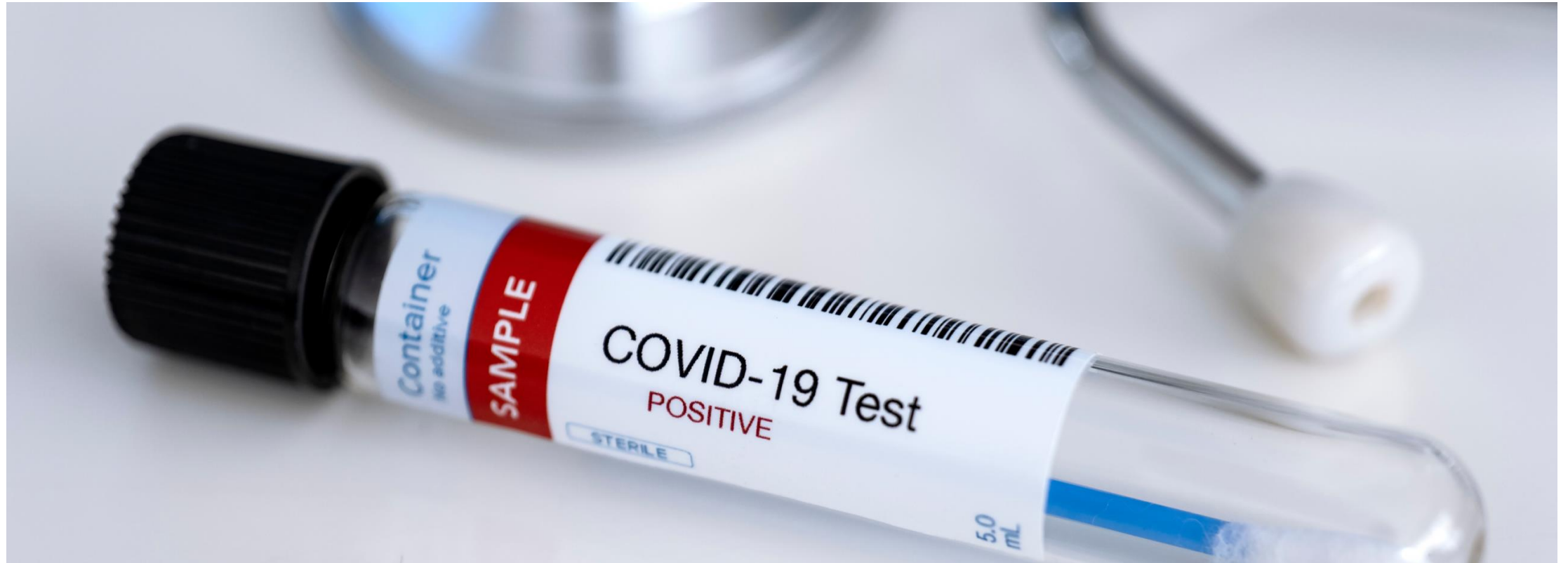It will also tell you what the test will be like.

COVID-19, or the coronavirus, is a virus that has made lots of people very sick all around the world.

Lots of people in different parts of
Australia have been sick with COVID-19.

To help keep people healthy, it is very important to know who has the virus.

To help keep everyone healthy, it is important that people who show any signs of the virus get tested.

If you have a cough you can be tested.

If you have a sore throat you can be tested.

If you have a cold you can be tested.

If you have a fever you can be tested.

If you have a cough, a sore throat, a cold or a fever you can have a test to find out if you have COVID-19.

Lots of people are being tested to see if they have the COVID-19 virus even if they are not sick.

If you live in a place where lots of people have got the virus, you can be tested.

If anyone you spend time needs to be tested for covid-19, it is a good idea to get tested too.

Having the test to find out if you have COVID-19 will help everyone around you keep safe.

What will the test be like?

How do I get a test?

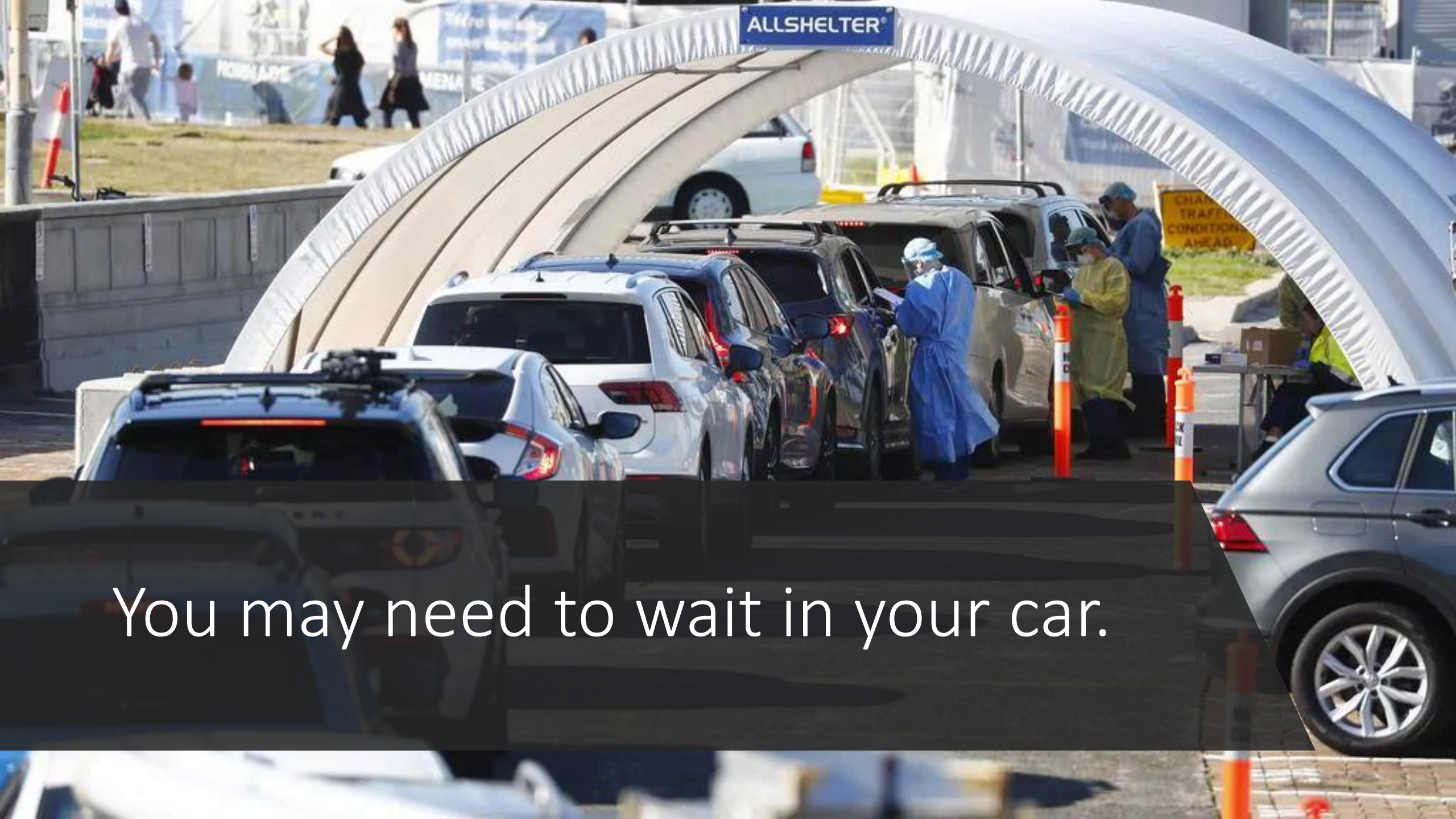You, or your supporter, will need to call your doctor to book the test.

You will go to a special centre for the test or someone might bring a test to your home.

At the test centre, you will need to sit on a chair or wait in line away from other people.

You may need to wait in your car.

The doctor might say that you need to wear a mask while you are waiting for your test.

The nurse or doctor doing the tests will wear a mask.

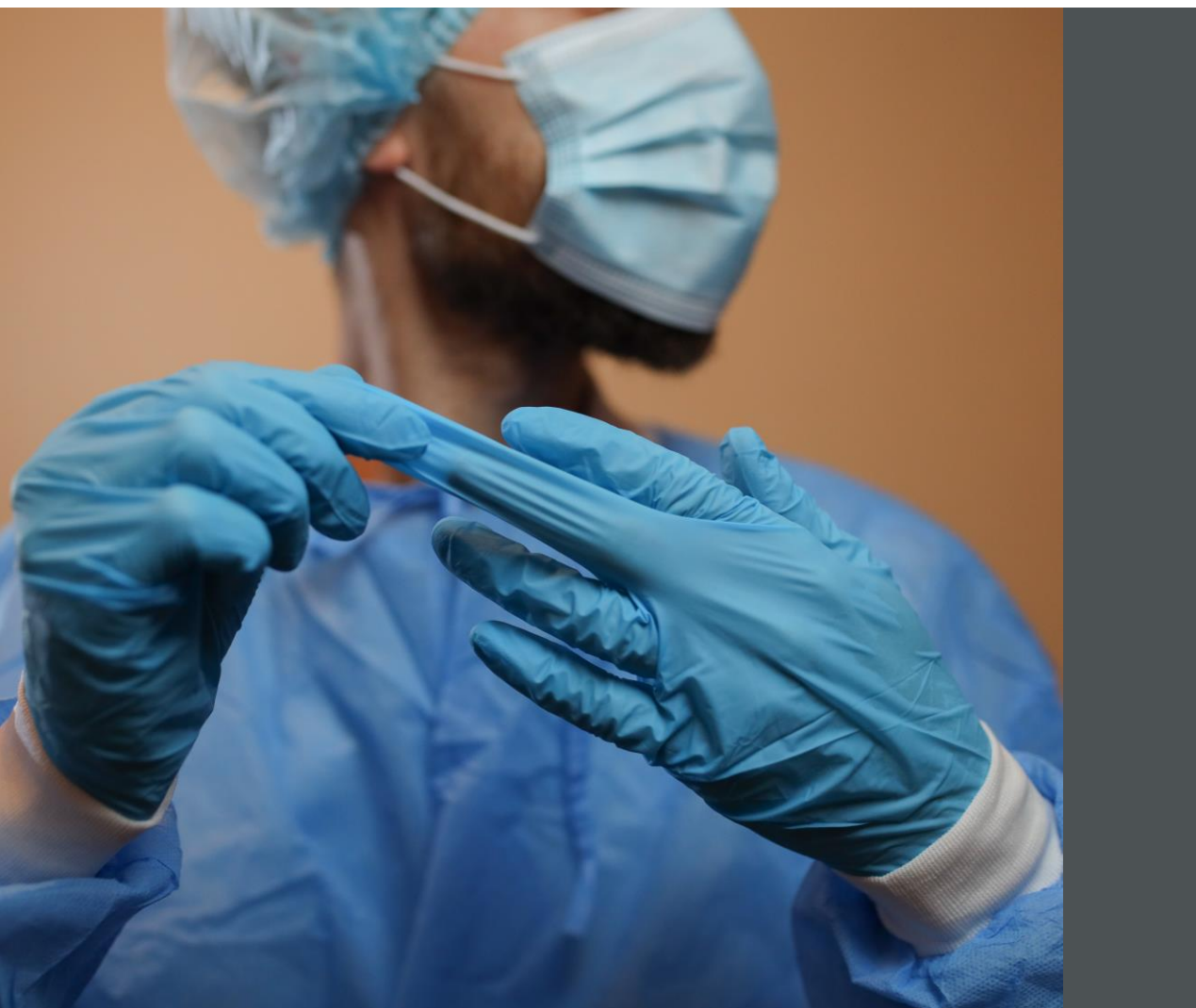They might wear goggles or a face shield to cover their eyes.

They will
wear gloves.

They will wear a gown to cover their clothes.

They might wear a hat to cover their hair.

They wear these clothes just in case someone they test does have COVID-19 or other germs.
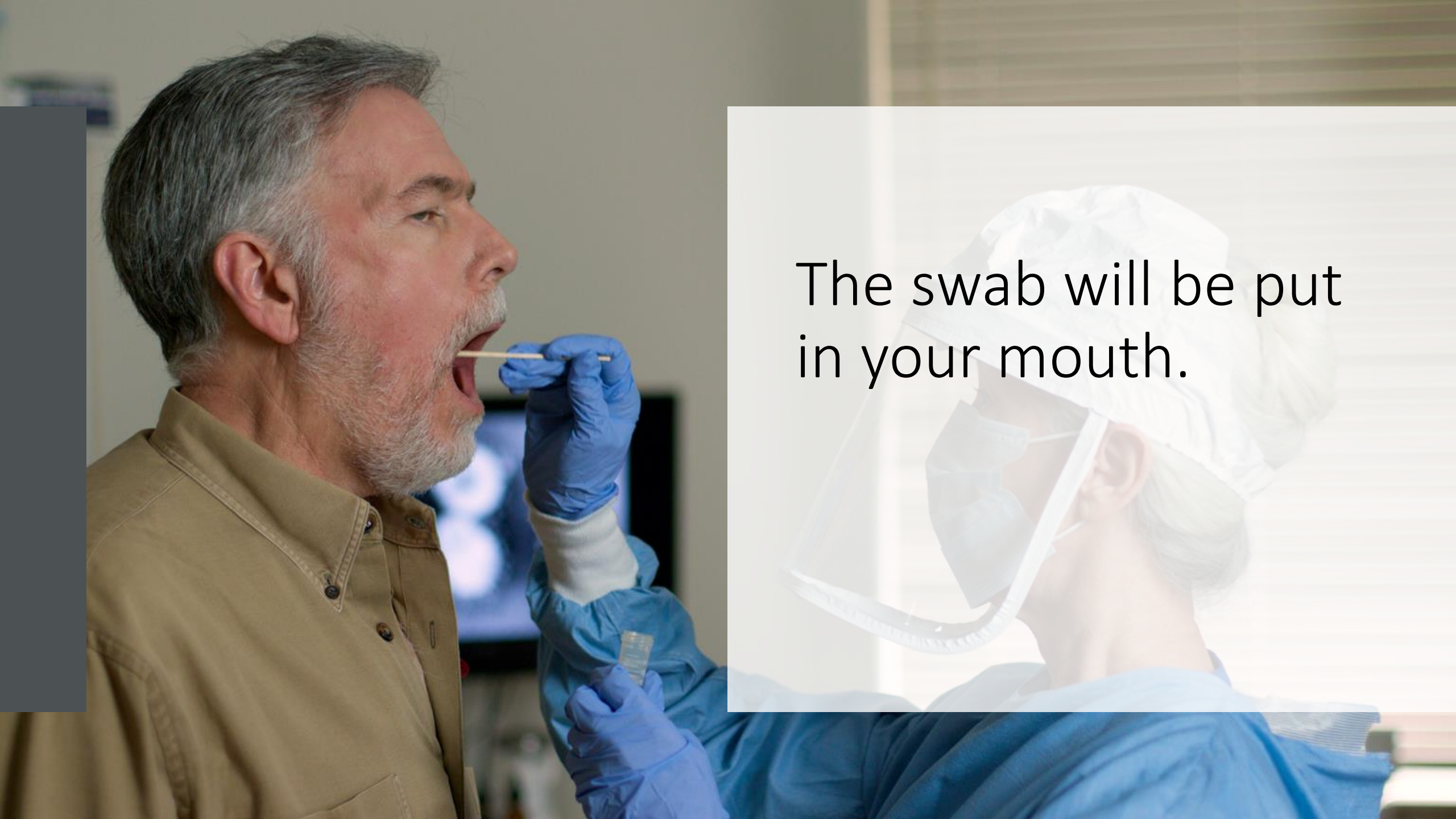
These clothes help to keep them safe.

These clothes also help to keep you safe.

The nurse or doctor doing the test will use a swab.

The swab will be put in your mouth.

The swab will touch the back of your throat.

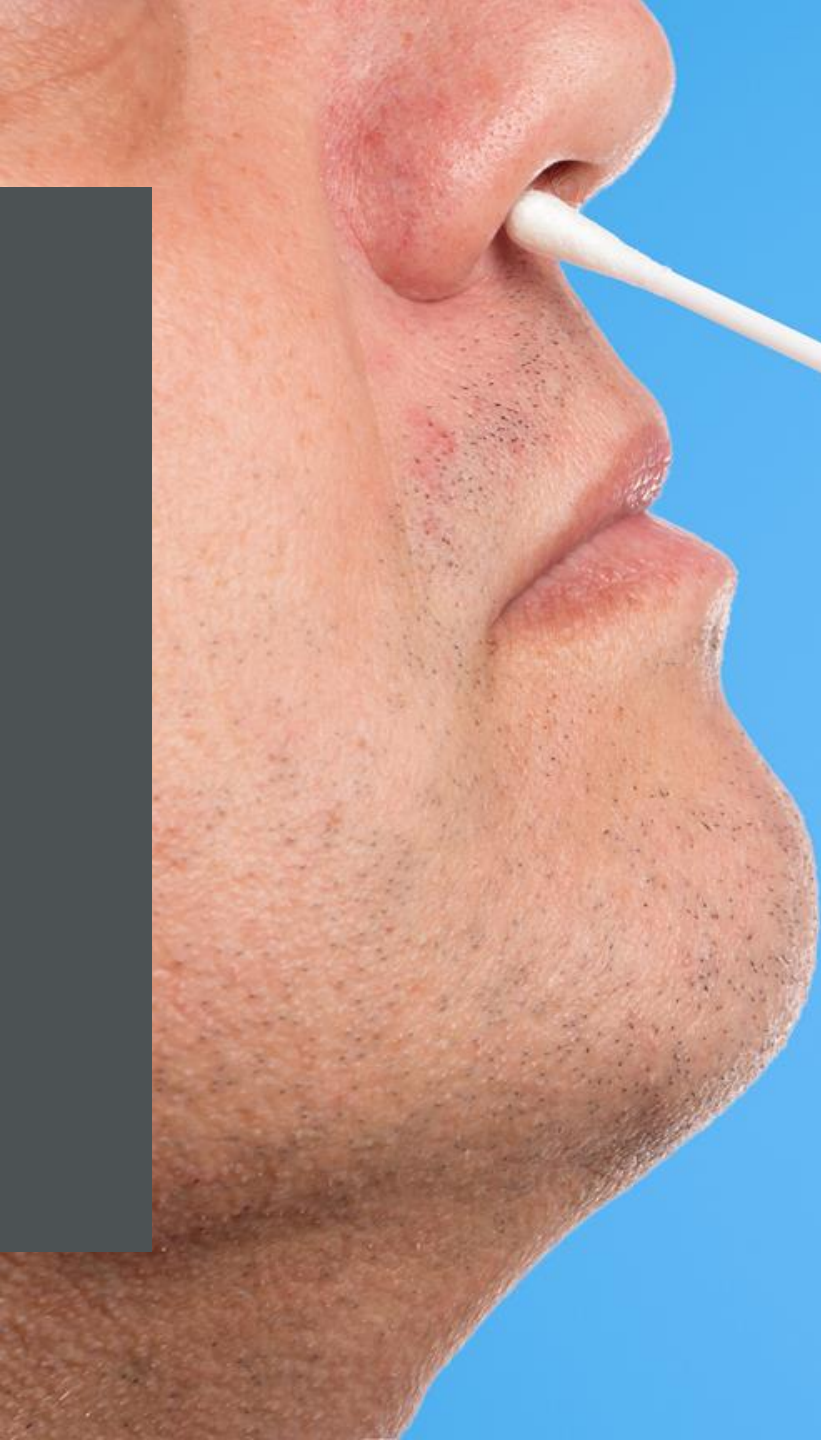You might feel surprised when the swab touches the back of your throat.
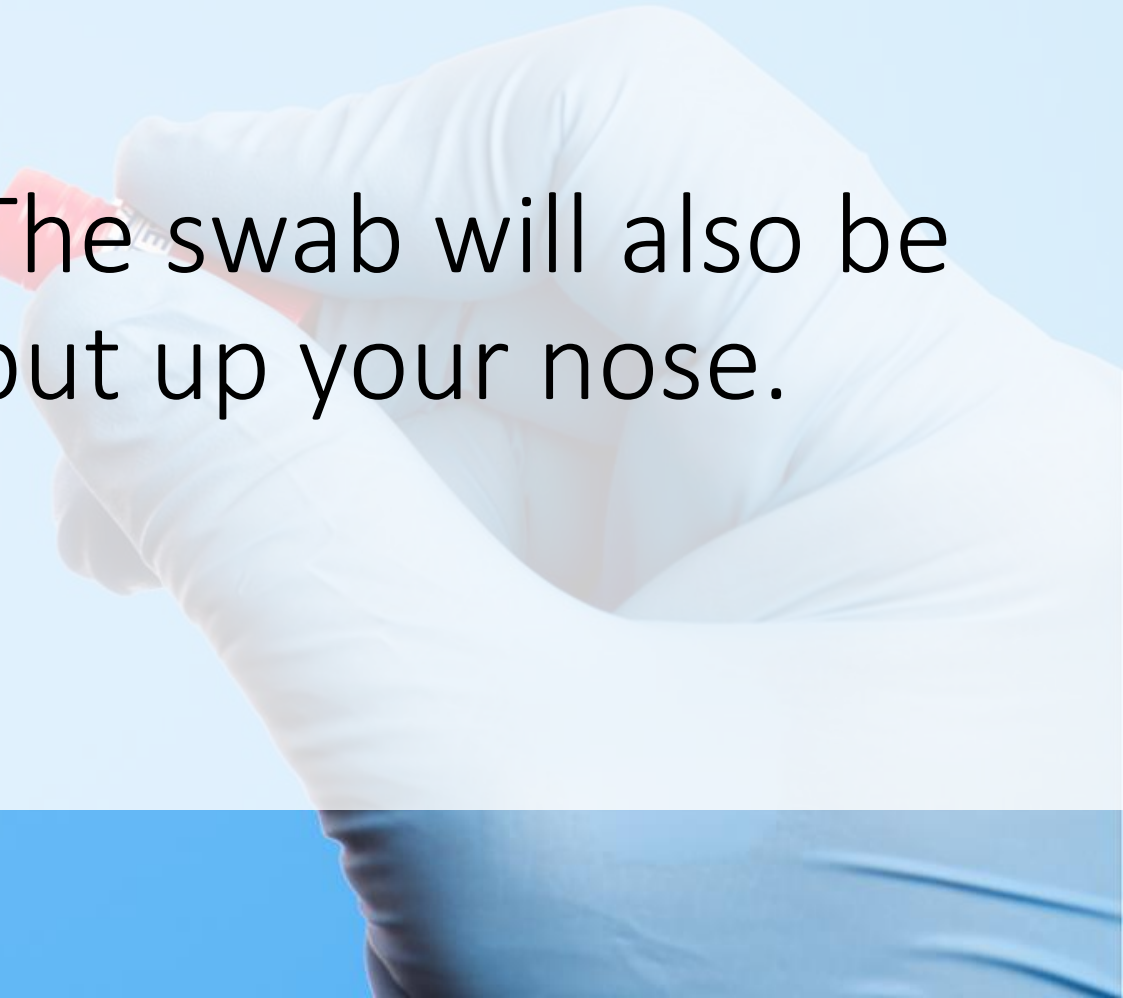
It can feel a bit
uncomfortable.

It can feel a little bit like you are about to be sick but that feeling quickly stops.

The swab will also be put up your nose.

It can feel a bit uncomfortable.

It can hurt a little bit.

The swab
will be put
in a tube
with a lid.

The swab will be taken to a lab and tested for COVID-19.

The results will take one or two days to be shared with you and your supporters.

It is your choice to have the test or not.

You can say yes, or you can say no. It is your choice. You will not be in trouble if you say no.

Your body belongs to you.

You can choose to say yes or to say no to the test.

No-one will make you have the test if you do not want to.

The more people who take the test, the safer we will all be.

If we don't take a test when we have any of the COVID-19 signs, we must stay in quarantine for 14 days.

Quarantine means we must not go out.

Quarantine means we must stay at home and have no visitors for 14 days.

If the test results say we do not have COVID-19, and we do not live in a place that is in lockdown, we can go out again and we can have visitors again.

If the results say we do have COVID-19, the doctor will tell us what to do to get better and keep other people safe.

It is your choice to have the test.

You can say yes, or you can say no because your body belongs to you.

You can get help to decide what to do from someone you trust like a friend, someone in your family or your doctor.

What do you think?
Do you want to have the test?

This reader was created by Laura Jones for DDWA, June 2020.