

# Guide to Performing COVID-19 Antigen Rapid Test (ART) on Children 2-7 years old

## Resources for Parents



Parents and caregivers play an important role in keeping children safe. To allow parents to closely monitor their children's health and self-test, if needed, each child will receive 3 ART kits over the next few weeks from their preschool.

To administer the ART safely for young children (aged 2 years and above), please refer to the list of resources below:

### ART Self-Test Buddy (Available in four languages)

<https://artbuddy.healthpixel.co/>

ART buddy provides an easy step-by-step guide on how to perform ART using the different brands of test kits.

### Video Guide for Parents by KK Women's and Children's Hospital (KKH)

<https://youtu.be/HJKRDUGx-r4>



### Facebook post from KK Women's and Children's Hospital (KKH)

<https://www.facebook.com/kkh.sg/videos/551382385934506/>

### Guide to Performing COVID-19 Antigen Rapid Test (ART)\* on Children 2-7 years old



Your child's preschool has included a copy of the guide together with the ART kits. The guide is also included on the next page. You can refer to the guide for procedures and tips to performing COVID-19 ART safely on your child

### Important Note

HSA has reviewed and approved the extension of shelf life to 12 months for Models #256082 and #256089 for BD Veritor™ System for Rapid Detection of SARS-CoV-2.

Thus, please note that the expiry date printed on the packaging of the ART kits is inaccurate.



# Guide to Performing COVID-19 Antigen Rapid Test (ART)\* on Children 2-7 years old

(\*ART kits should not be used for children under 2 years old)

Self-testing with an ART is a convenient and quick measure to give peace of mind to parents worried about their child's possible contact with a positive COVID-19 case.

Follow these simple steps to administer ART safely for your child.

## Important:

Do **NOT** proceed with the test if your child has

- A nose bleed in the last 48 hours;
- Bleeding disorders – e.g. child with low platelets; or
- Recent facial trauma/fracture/surgery involving the face or nose

If you have concerns about administering the ART for your child, please consult your family doctor. Parents are also advised to seek medical attention promptly and not self-medicate if your child is unwell.

## Before the swab: Prepare your child to take the test

- Share age-appropriate information about the process with your child, using simple words to describe what your child can expect. For example:

*"I am going to check your nose for COVID-19."*

*"I will check both sides of your nose using this swab stick."*

(Show your child the swab is not sharp)

*"You may feel a little uncomfortable or have tears in your eyes during the swab. If you feel pain, please tell me and I will stop immediately."*

- Use age-appropriate techniques if needed, e.g. demonstrate the process using a Q-tip/cotton bud on a teddy bear

## During the swab:

- Please wash/sanitise your hands before starting the test
- Position your child in a comfortable posture – no need to lie down
- Use age-appropriate distraction techniques if needed (e.g. have your child sit on the lap of someone he/she trusts)
- Position your child so that he/she can see when the swab is being done; talk your child through each step. For example:

*"I am now going to swab your nose. This will take about 5 seconds on each side of your nose."*

- If your child is sitting up, tilt his/her head up so that the swab stick can be gently introduced into the nostrils
- Hold swab stick with a pencil grip and insert gently along passage of nostril or until resistance is met.

**Important:** Do NOT force the swab stick into the nostril – if you observe that your child is very uncomfortable or in pain, immediately stop and withdraw

- Rotate swab stick 5 times against the nasal wall while counting out for your child, e.g. counting to 5 or sing a brief song, such as *"Baby Shark"*. Repeat for the other side.

We would like to thank KK Women's and Children's Hospital (KKH)  
for their valuable contribution to this guide.