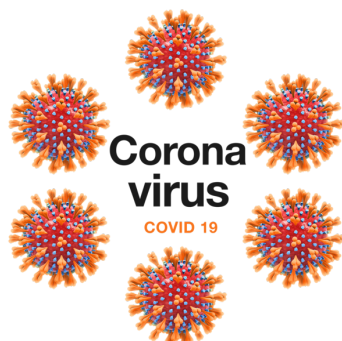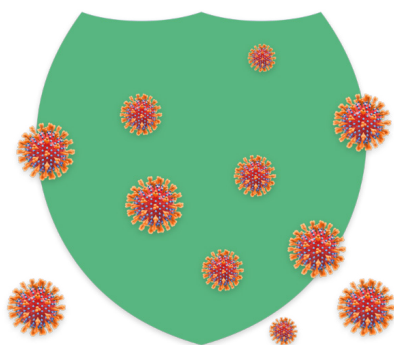# COVID-19 testing for care homes
Easy read guide

There is now a test that can be done to see if you have the COVID-19 virus.

This is called a swab test.
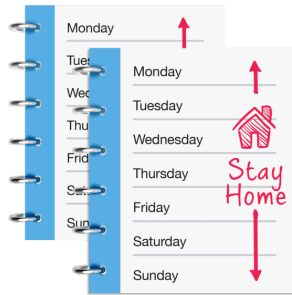
Some people can have COVID-19 but not feel unwell.

Even though they feel well they can still give the virus to other people who may become very ill. **It is important to protect everyone.**
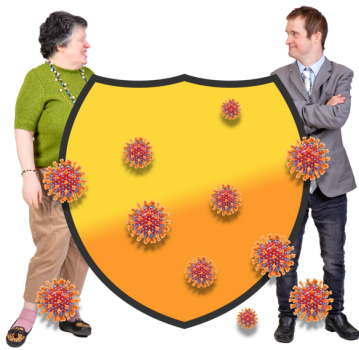
To help protect everyone, if you live in care with other people you will be tested.

If you test positive you will need to stay in and self isolate to make sure you and the people around you are all kept safe.

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This will be for up to ten days and people will still help you and support for you.
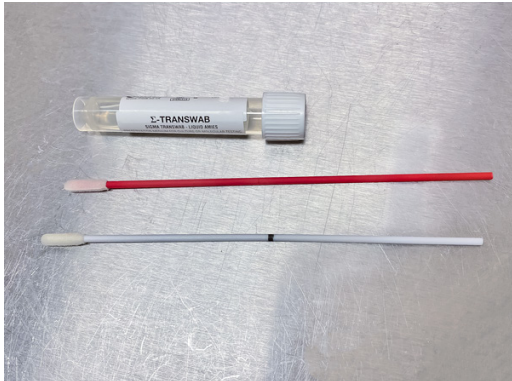
If your test is negative, and you do not have the virus, you still need to stay safe because you can still catch it.

You may have to be tested again.

How the swab test works

To do the test your support worker will do a swab.

A swab is like a big cotton bud which is wiped inside your mouth and nose so you can be tested for an illness.
This test is nothing to be frightened of, these tests happen all the time.

Your support worker will be wearing special clothes to keep you and them safe.

They may be wearing a mask on their face.

They will put the **swab** into your mouth and rub it at the back of your throat.

Then they will put the **swab** into your nose and rub it around a bit.

They will put the swab in a special container to go and be tested.

They will tell you how long it will take to get the results.

Speak to your support worker if you have any questions.