



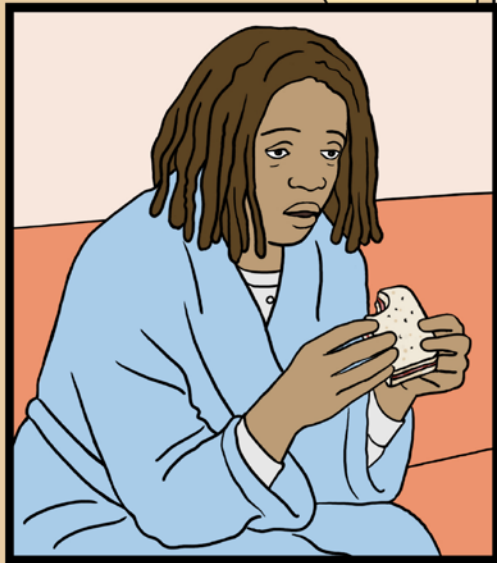
Beyond Words
empowering people through pictures



Having a Home Test for Coronavirus

By Sheila Hollins
illustrated by Lucy Bergonzi

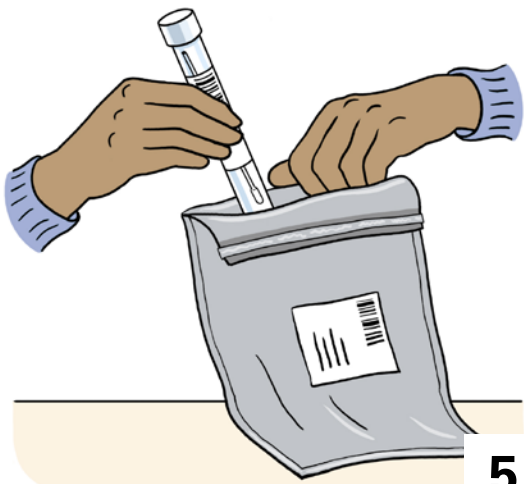
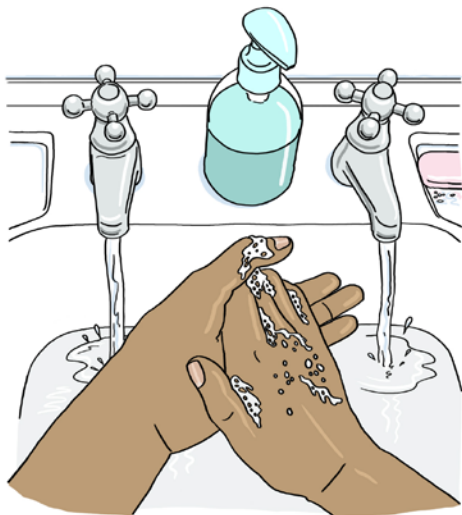
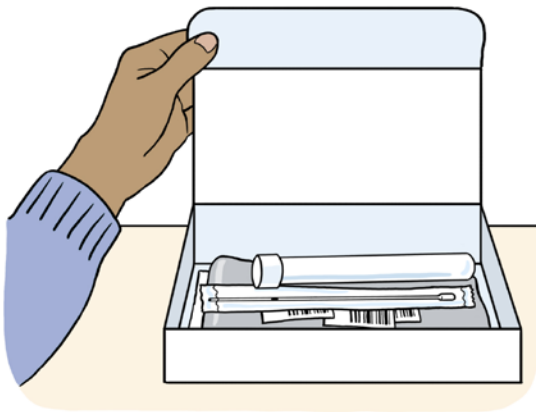


















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Coronavirus testing in the UK

Everyone is worried about having coronavirus. How will we know that this cough or fever is any different to an 'ordinary' cough and fever? Usually we just rest, take medicine, drink lots and we get better in a couple of days. But it's best to be sure. If you live in the UK and you have symptoms of coronavirus (high temperature, a new continuous cough or a loss or change to your sense of smell or taste) you can ask for a test to check if you have the virus. Some people have other unusual symptoms as well, such as a skin rash and headache.

It's not so easy to check whether your or someone else's taste or smell is affected. Here are some ideas. You probably have some familiar smells and tastes in the cupboard that you can use. Some safe ideas are a jar of coffee, shampoo with a strong scent such as coconut, grated zest of lemon or orange, chopped garlic or fresh mint. Just hold it close (but not touching) your nose and inhale or put a small amount on the tongue. Don't use anything which might be dangerous such as bleach or other cleaning products.

People living in care homes can be tested even if they don't have symptoms.

You can ask for a test through the NHS website: www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/

Doing a test for coronavirus at home

The test will be delivered to your home and has a 16-page guide on how to use it. It doesn't mention people with learning disabilities or any extra support you might need.

Here are two useful videos:

- **How to take a coronavirus self-test swab**
www.youtube.com/watch?v=8lo6g-TYZ-c&
- **Coronavirus test tutorial for care homes** (showing how to do a swab for someone else)
www.youtube.com/watch?v=1l0jcv37Wzl&feature=youtu.be

If you have any problems, you can ring the **Coronavirus Testing Call Centre** on **0300 303 2713** for assistance. The call centre is open daily from 08:00-20:00.

There are several steps to the home test. (Please note: there is a specific testing request and registration process for care homes. For the latest guidance, see: www.gov.uk/guidance/coronavirus-covid-19-getting-tested)

1. It's important to arrange collection first before you do the test – book collection online at <https://www.collections.royalmail.com>, and it will be collected between 8am and 4pm the next morning.
2. Remember to register your test online, otherwise you won't get the results: <https://randoxcovid.azurefd.net/urnRegistration>
3. It's a good idea to watch the video about how to do the test together first. Then wash your hands for 20 seconds.
4. Do the test between 9pm and 7am the night before the arranged collection day.
5. Get the kit ready on a clean surface and put the barcode and the name of the person having the test on the tube.

6. The person having the test should blow their nose gently.
7. Suggest they look inside their mouth to see their tonsils – you could hold up a mirror.
8. Take the swab stick out of the package – be careful not to touch it.
9. Swab your tonsils for about 10 seconds. Try not to touch your tongue or teeth!

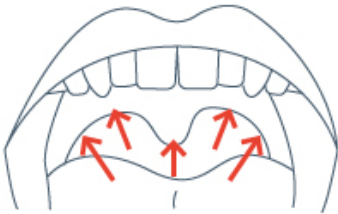


Diagram showing where to swab your throat. Taken from Public Health England instruction sheet.

10. If you are doing the swab on someone else, they may be nervous. Show them the swab stick and ask them to keep saying “ahhh” loudly whilst you swab their tonsils. If they get very upset or you think they don’t have capacity to consent then just stop the test.

If you are doing this in a care home or as a support worker, you should wear a mask, visor, gloves and apron

11. Now put the same swab into your (or their) nostril and swirl gently for 10 seconds.



Diagram showing how to swab your nose. Taken from Public Health England instruction video.

12. If the person couldn’t manage to do the throat swab, put the swab into both nostrils instead – although this isn’t as reliable a test.

13. Put the test into the plastic tube, fabric tip facing down and seal as shown.
14. Wash your hands well with warm soapy water and relax!
15. Remember, you should self-isolate while waiting for your test result.

A possible storyline

The following words are provided for readers and supporters who want some ideas about one possible story. Most readers use their own words to make their own story from the pictures.

1. Kali lives alone and she is not feeling well.
2. She is feverish and feels really ill.
3. Kali just keeps coughing. It's a horrid dry cough. She coughs into her elbow or a tissue and throws the tissues in the bin.
4. Kali calls Erica to tell her she feels really ill.
5. Kali decides she wants to do a test for coronavirus at home. The self-testing kit is delivered to her house. She blows her nose gently and washes her hands before starting. Kali needs to take swabs from the back of her throat and from her nose. When she has finished, she sends the swabs away in a tube for testing. Kali does the test herself, but some people might need help.
6. Kali waits for her test result. She shouldn't go out in case she has the virus.
7. Kali gets a text with her test result. It may say she tested positive for coronavirus or that she tested negative.
8. Kali rings Erica to ask her to explain the text message. Erica received the result too and so she knows what to do to support Kali.

How to read this book

This is a story for people who find pictures easier to understand than words. It is not necessary to be able to read any words at all.

1. Some people are not used to reading books. Start at the beginning and read the story in each picture. Encourage the reader to turn the pages at their own pace.
2. Whether you are reading the book with one person or even online with a group, encourage them to tell the story in their own words. You will discover what each person thinks are happening, what they already know, and how they feel. You may think something different is happening in the pictures yourself, but that doesn't matter. Wait to see if their ideas change as the story develops. Watch, wait and wonder.
3. It can help to prompt the people you are supporting, gradually going deeper into the meaning, for example:
 - I wonder who that is?
 - I wonder what is happening?
 - What is he or she doing now?
 - I wonder how he or she is feeling?
 - Do you feel like that? Has it happened to you/ your friend/ your family?
4. You don't have to read the whole story in one sitting. Allow people enough time to follow the pictures at their own pace.
5. Some people will not be able to follow the story, but they may be able to understand some of the pictures. Stay a little longer with the pictures that interest them.

Useful resources in the UK

Coronavirus (COVID-19): getting tested

Government guidance on coronavirus testing, including who is eligible for a test and how to get tested

<https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

Help using NHS 111

NHS England has produced a video to help people with a learning disability, autism or both, to use the NHS 111 service
www.england.nhs.uk/learning-disabilities/about/resources/help-for-people-with-a-learning-disability-autism-or-both-to-use-nhs-111/

The Hand Washing Rap

A fun video produced by the Purple All Stars demonstrating good handwashing

<https://vimeo.com/134952598>

NHS coronavirus guidance: mental health, learning disabilities and autism

www.england.nhs.uk/coronavirus/publication/letter-responding-to-covid-19-mental-health-learning-disabilities-and-autism/

NHS COVID-19 Grab and Go guide

Once completed, this form should be read in conjunction with a person's hospital passport

www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/C0381-nhs-covid-19-grab-and-go-lda-form.pdf

Related resources from Beyond Words

The pictures in this story are taken from 'Having a Test for Coronavirus', a longer story which shows the option to have a test at a drive through centre.

Free downloadable resources on coronavirus

- Having a Test for Coronavirus
- Beating the Virus
- Good Days and Bad Days During Lockdown
- Jack plans ahead for coronavirus: a guide for carers and family
- When someone dies of coronavirus: a guide for carers and family
- Let's talk about...when someone is ill or dies from coronavirus: online support for people with learning disabilities
- When it's not safe to stay at home: guide to supporting people at risk of abuse at home during coronavirus

All are available to read online and download for free:

www.booksbeyondwords.co.uk/coping-with-coronavirus

[Going into Hospital](#) (2015, 2nd edition) by Sheila Hollins, Angie Avis and Samantha Cheverton, with Jim Blair, illustrated by Denise Redmond. This book helps to prepare and support people being admitted to hospital, by explaining what happens, covering planned admission and accident and emergency.

[Am I Going to Die?](#) (2009) by Sheila Hollins and Irene Tuffrey-Wijne, illustrated by Lisa Kopper. This story deals honestly and movingly with the physical and emotional aspects of dying.

[When Somebody Dies](#) (2014, 2nd edition) by Sheila Hollins, Sandra Dowling and Noëlle Blackman, illustrated by Catherine Brighton. Mary and John are both upset when someone they love dies. They learn to feel less sad by attending regular bereavement counselling sessions and from the comfort and companionship of friends.

[When Mum Died](#) and [When Dad Died](#) (both 2014, 4th edition) by Sheila Hollins and Lester Sireling, illustrated by Beth Webb. Both books take an honest and straightforward approach to death and grief in the family.

For smartphones and tablets

The **BW Story App** breaks down all of our picture stories into short, searchable snippets between 2-9 pictures long. Available on both Apple and Android, the app makes it quick and easy to find pictures that will help you to support the person or people you care about. Download the app with limited taster content for free from the App Store and Google Play Store.

www.booksbeyondwords.co.uk/bw-story-app

Beyond Words elearning

This foundation module offers an overview of Beyond Words and will develop learners' confidence in how to get the most out of our series of wordless picture stories. It is for anyone wanting to learn more about wordless books. The education unit in a prison could offer this course to prisoners interested in learning how to support people with low literacy.

www.booksbeyondwords.co.uk/elearning/foundation-module

Author and artist

Sheila Hollins is a cross bench life peer in the House of Lords, Emeritus Professor of Psychiatry at St George's, University of London. She was initially a GP then a Consultant Psychiatrist, teacher, researcher and policy maker in intellectual disability. She is the founder and chair of the charity, Beyond Words, formed to use wordless stories to inform and empower people with intellectual disabilities and their carers about life and health. She has been President of the Royal College of Psychiatrists, President and Chair of the Board of Science of the British Medical Association. She is currently President of the Royal College of Occupational Therapists.

Lucy Bergonzi has worked as a muralist, theatre designer and community artist. For many years she worked in the voluntary and community sector, with wide experience of supporting people with learning disabilities. She is the illustrator of *Beating the Virus*, *Choosing My First Job*, *A Day at the Beach*, *Going to Church* and *Belonging* for Books Beyond Words. Lucy's website is www.lucybergonzi.co.uk.

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