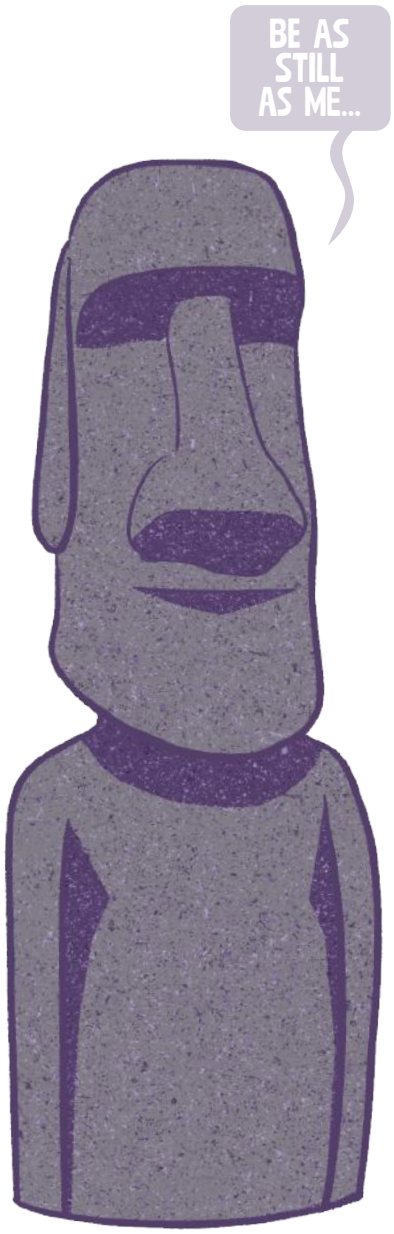
NASAL SWAB GAME PLAN



*It really helps the test go more quickly when you are **very still** like this guy.*

Having a really long cotton swab really far up your nose is weird and can be uncomfortable, but there are ways to make it more comfortable and less annoying. Use this sheet to make a plan of what you'd like to do to make it better and easier for you!

WHY?

Everything your medical team does is to HELP you be or get healthy! This is going to help by letting your team know if you have the COVID-19 virus so they can figure out the best plan for taking care of you.

Sitting close to (or even on the lap of) someone you trust can help you keep still and feel more comfortable.

Who would you want that to be? _____

Great! How do you want to position yourself?

☐ On the lap ☐ Next to ☐ Sitting and leaning back on trusted person's chest

It helps to have ONE calm voice be the main one who talks to you while others stay quiet...

Who do you want that to be? _____

Choosing something else to focus on is one of the BEST things you can do to make the 15-30 seconds pass quickly!

What would you like to focus on?

☐ a video ☐ a story ☐ singing ☐ something else _____

Using your other senses is a great comfort strategy too!

What would you like to do?

☐ hold hands ☐ rub my head ☐ play with a fidget toy
☐ hug my stuffie ☐ listen to music ☐ something else _____

It's great to have something to look forward to...a little reward for doing such an awesome job!

What would like to have for a reward? _____

YOU GOT THIS! :)

For more helpful resources:

Meg Foundation
MEGFOUNDATIONFORPAIN.ORG