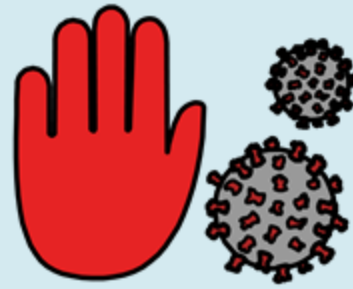
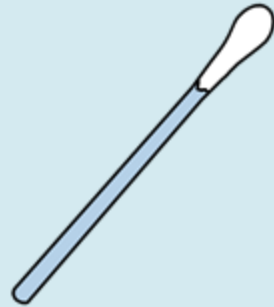


COVID-19 Testing Social Story



*resources included

The new virus called COVID-19, may cause one to feel very sick. It might make me feel like you have a:



Stomach or head ache



Fever and body pains



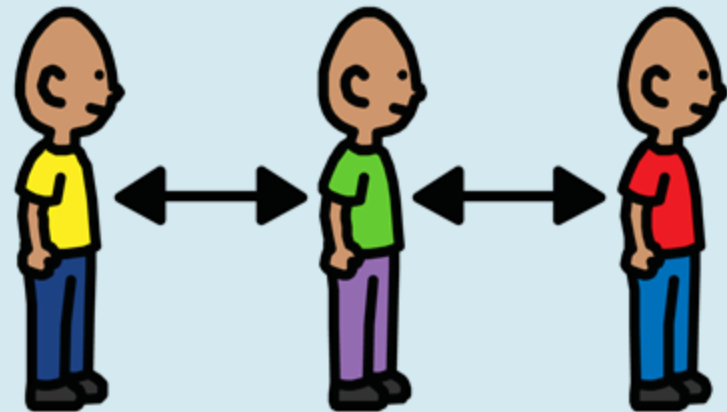
Cough or difficulty breathing





It is very important to find out if I have the virus, so that I can stay home and get better. I also do not want anyone else to get sick from me.

When I go see the doctor I will probably need to wait my turn in the line.





As I wait my turn I
can keep myself busy
by:

playing with a
toy



playing on iPad

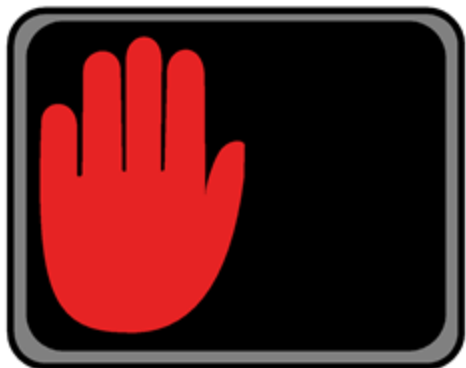


looking at a book

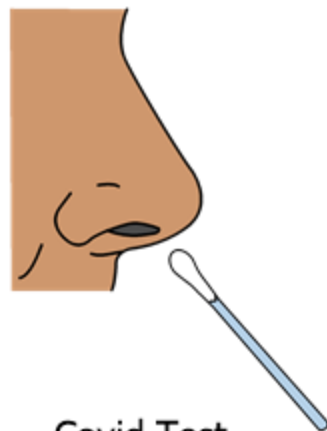


First I will wait, then I will get my covid test, and then I will get something really fun!

First → Then → Then



wait



Covid Test



Treat

When I see the nurse for the test, I will need to stay very still in my chair with my hands down.

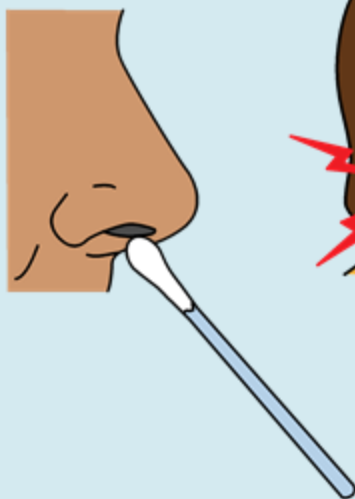


I can squeeze my Mom or Dads hand if I need to. The test will be over very quickly.





When I see the nurse, they might take my temperature. Then, they need to put a long swab in my nose. This may hurt but I will need to stay very still. Then I can blow my nose.



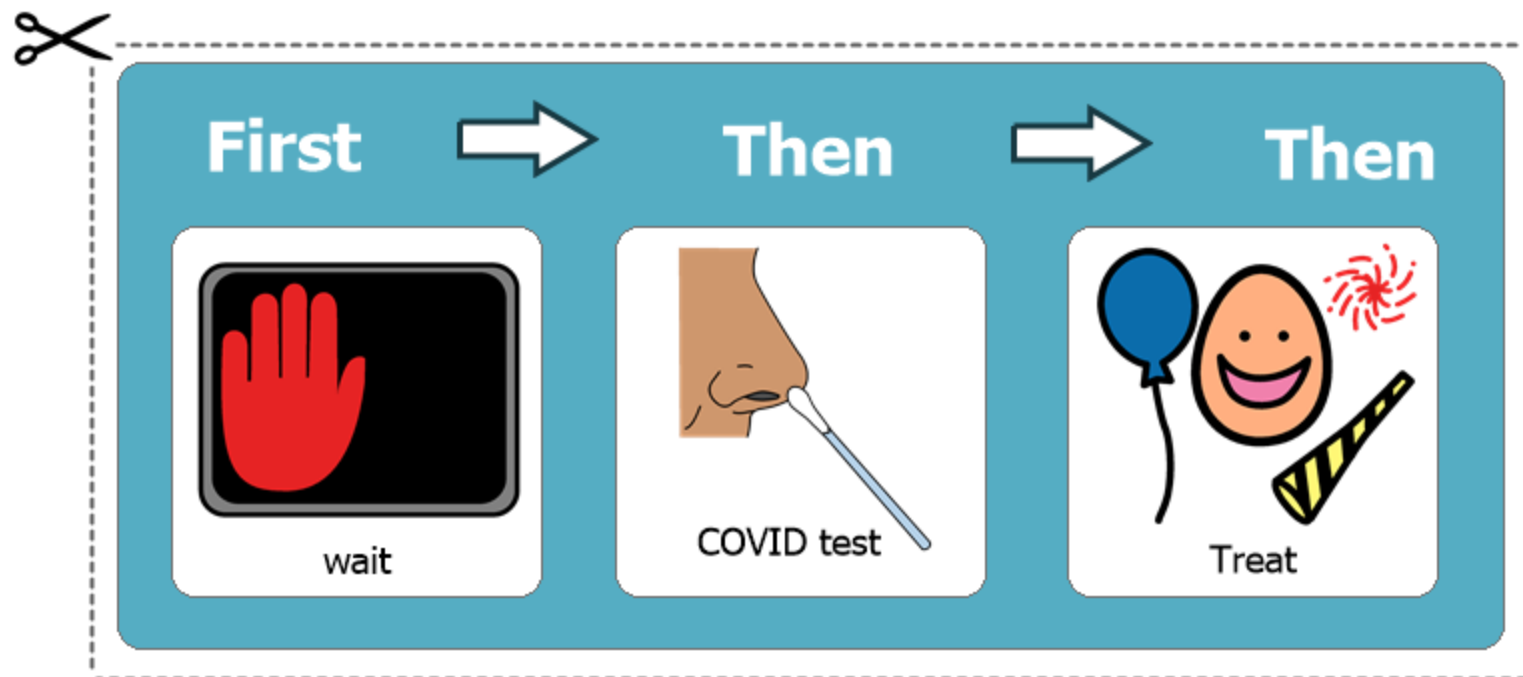
It will be over quickly, then I get my special treat for being very brave!



Resources

The following pages are visual resources that may assist you and your child in the COVID testing process. The following pages can be printed and cut out for your use. Instruction for use are appended on the final page.

First-Then Board



Choice Board

(optional)

Choice Board



fast food



playground



Oreo

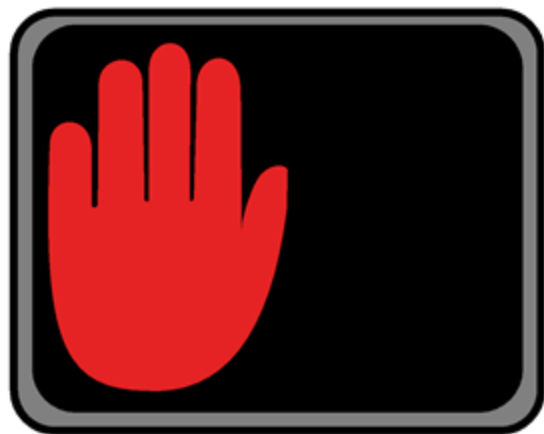


iPad

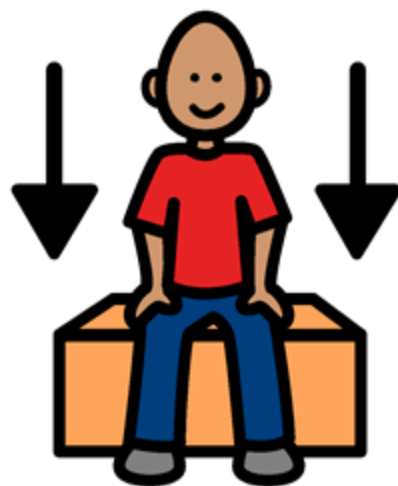


ice cream

Visual Reminders



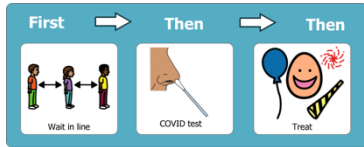
wait



hands down

Instructions

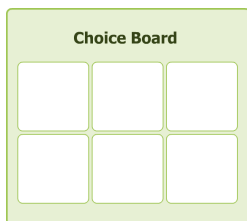
First-Then Board



A first-then board is a visual support that provides information to a child around task expectation and what will follow. The "first" section involves a task that the child must complete (for example: get dressed). The "then" section should always be an item, task, or activity that is preferred to your child (for example, watching tv).

Using a visual to represent the task may help them to understand and complete a less-preferred activity, while the visual of the preferred item or activity may motivate your child to complete the task.

Optional Choice Board



You may also offer personalized choices instead of the generic "treat" above by using a choice board.

Cut out the choice board, and the individual pictures provided with it. You may use the blank box, if your child has a different preference that has not been included here. A laminator and Velcro works great for these visuals, however you can simply print, cut-out, and tac/tape the visuals onto the *choice board*, and transfer to the *first-then board*



A choice board is a visual representation of items/activities that are available for an individual to choose from. This tool is used to encourage communication, provide a visual reminder of what activities are available, and to encourage independent decision making throughout the day. The use of choice boards may increase your child's motivation by providing them options for preferred activities or for which activity comes next. Offering a choice before an activity/task begins may increase participation and decrease the possibility of your child engaging in challenging behaviours.

- Preferred items (tablet, toys, sensory bins)
- Food items (cookie, crackers, candy)
- Activities (arts and crafts, colouring, books, lego)
- Outings (science Centre, dollar store, park)

Visual Reminders



You may simply present the visual accompanied the with verbal instruction "wait" or "hands down" as a reminder for you child, as the COVID testing can be quite uncomfortable.