CDC
CENTERS FOR DISEASE
CONTROL AND PREVENTION

How I take a COVID-19 test at home
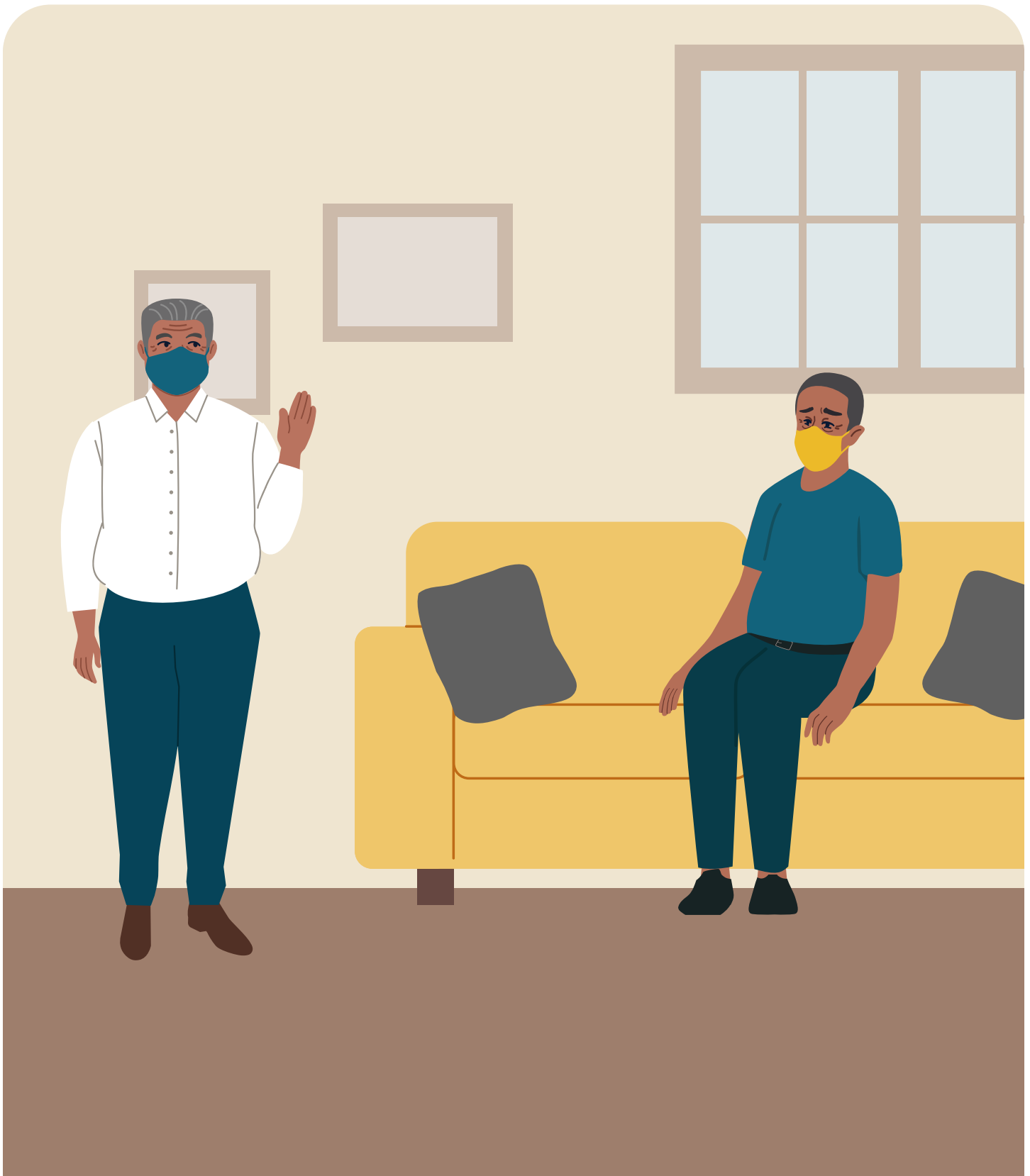
COVID-19
TEST

Read this story out loud.

Write or draw on the lines as you read.
You can ask someone to help you.

I feel sick.

I cough a lot.

I am very tired.

I tell my dad I don't feel good.

We put our masks on so Dad won't get sick.

Dad says I need to take a COVID-19 test.

The test will help us find out if I have COVID-19.
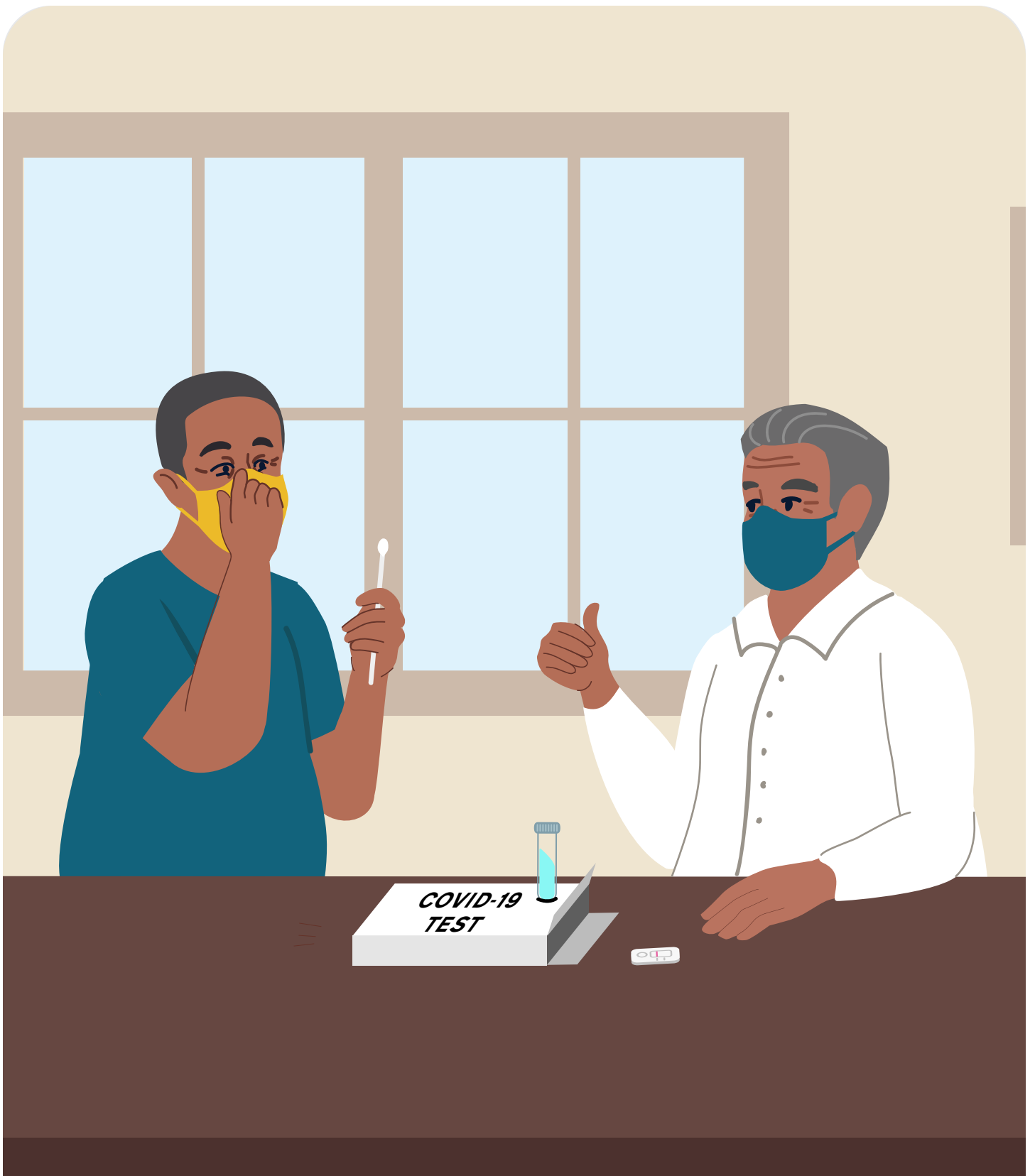
I pick up a COVID-19 test.

I open the box.

I take out a cotton swab.

Now I'm ready to take the test.

I pull my mask down.

I put the cotton swab inside my nose.

I move it around in a circle.
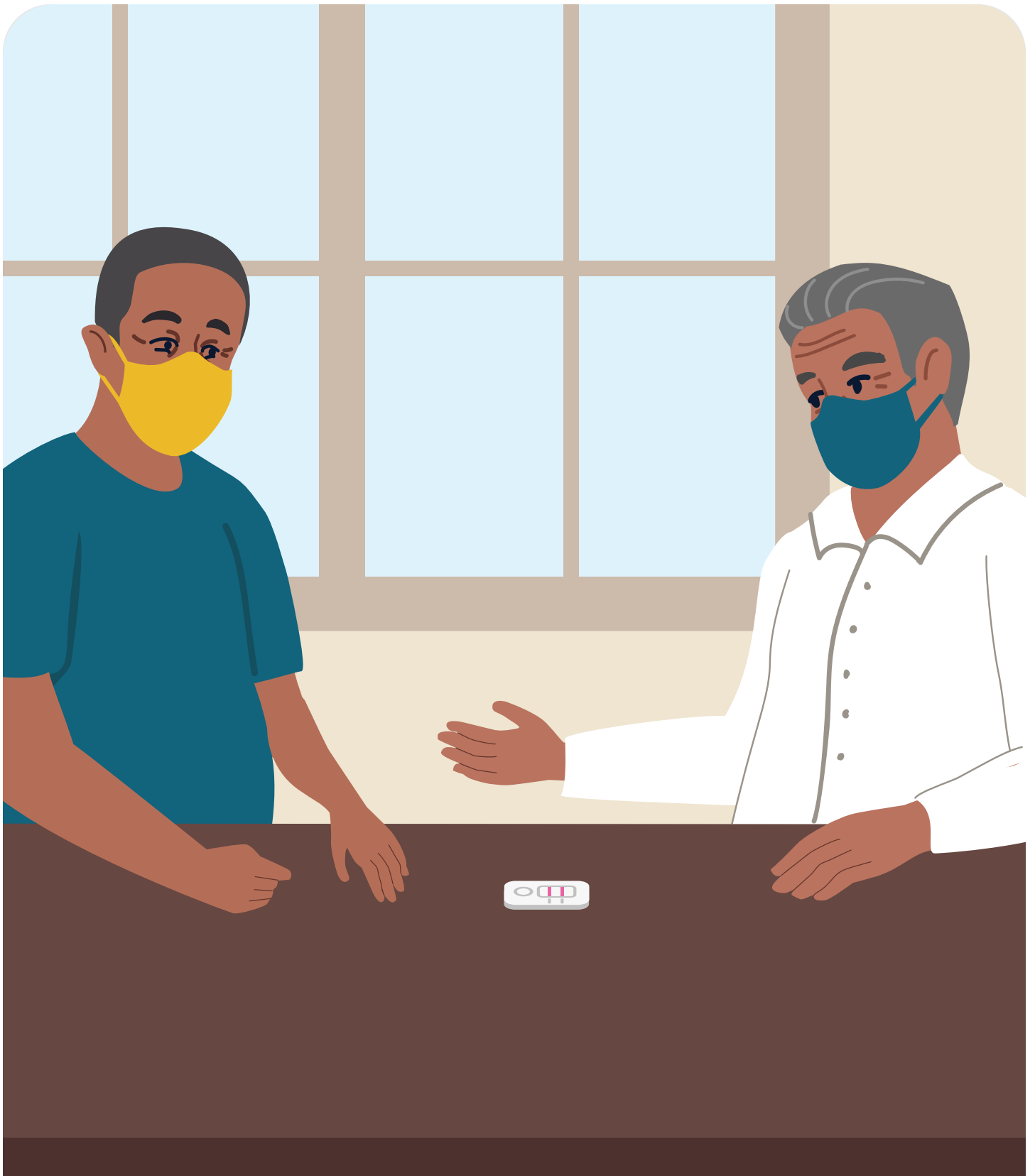
I don't like how it feels.

It is over soon.

Dad helps me finish my test.

Then I wait a few minutes.

You can ask someone to help you take a COVID-19 test.

Who will you ask?

Write their name or draw them here.

I will ask _____
to help me take a COVID-19 test.

We look at the test.

The test says I have COVID-19.

I stay home for 5 days.

I stay in my room.

What do you like to do at home?
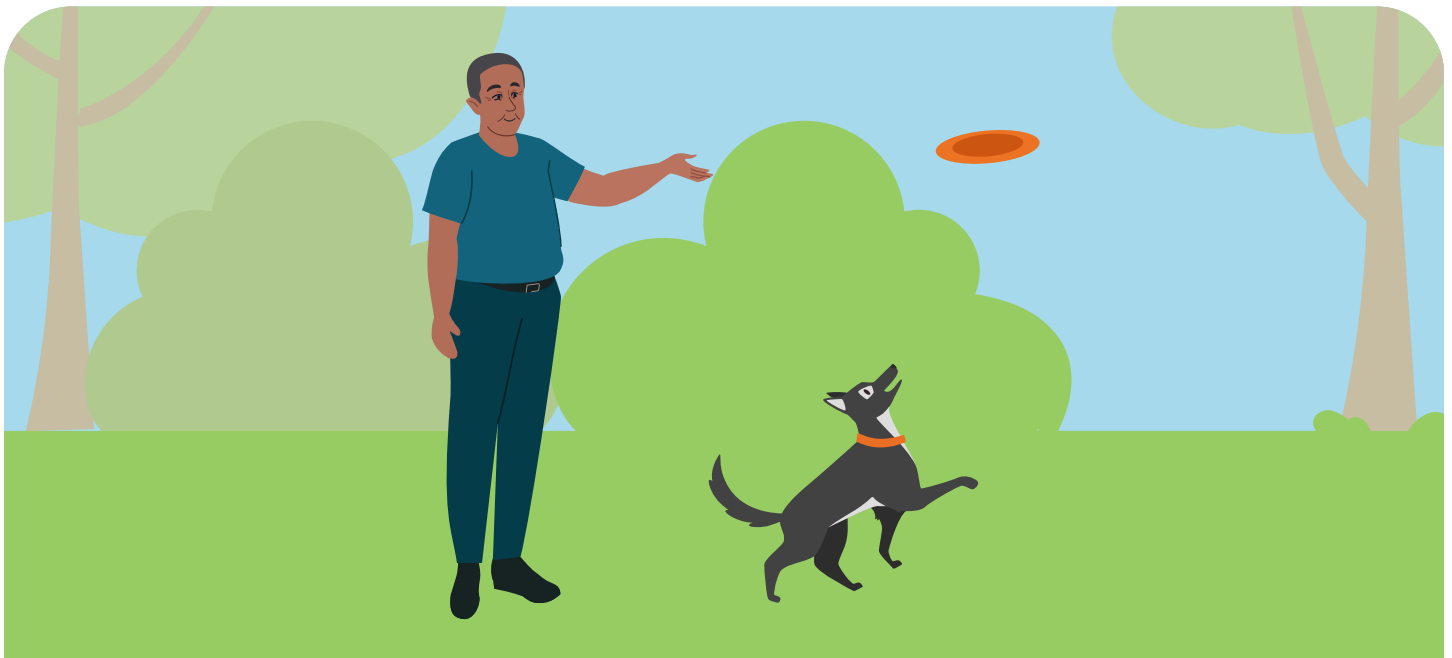
Write or draw it here.

I like to _____ at home.

Dad brings me lunch.

We wear our masks.

I always wear my mask when I'm with other people.

I feel better after a few days.

I took a COVID-19 test. You can, too.

When you feel better, you can do something fun.

What do you like to do for fun?

Write or draw it here.

I like to _____ .

How will you take a COVID-19 test?
Write or draw it here.

I will ask _____
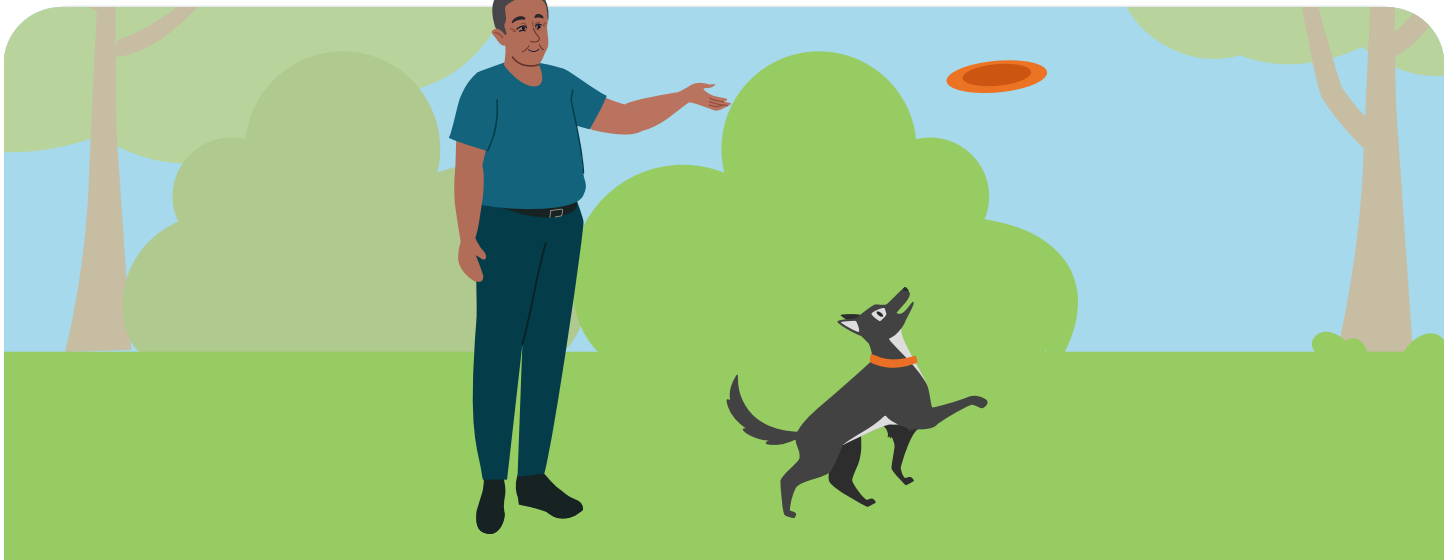to help me take a COVID-19 test.

The test will help us find out if I have COVID-19.

How will you take a COVID-19 test?
Write or draw it here.

If I have COVID-19, I will stay home for 5 days.

When I feel better, I can do something fun.

I will _____ for fun.