

To serve, protect, and promote a healthy community for all.



## COVID-19 TESTING & THE SWAB

Many of you have heard about the swab (nasopharyngeal swab) that is used to test for COVID-19. It may not be the most pleasant procedure and some people joke that it feels like the swab is touching your brain! This is a myth. It won't hurt, but it may be uncomfortable. People describe the test like when water gets up your nose or your eyes water. The actual test is completed within a few seconds. The figure below shows where the swab is placed to assure the most accurate test.

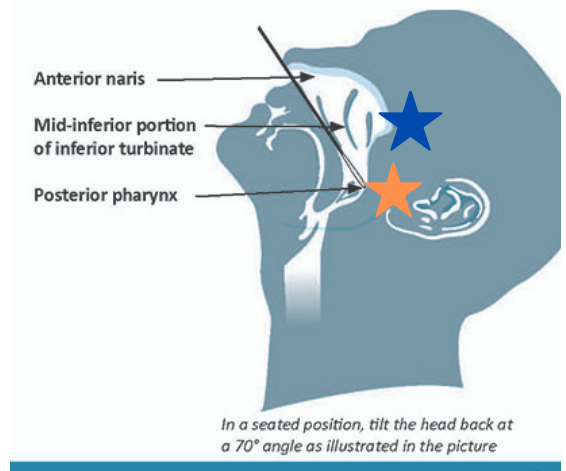
### Kent County Health Department COVID-19 TESTING METHODS

The Health Department uses a nasopharyngeal specimen for COVID-19. A very small and flexible swab is inserted in the nose up to the nasopharyngeal region (orange star on picture at right). The test can be a little uncomfortable, but it should not be painful. Many people describe it as feeling like the sensation before a sneeze and it can also make the eyes water. The test only takes about 5-10 seconds.

Another option available at Health Department testing locations is the mid-turbinate swab (blue star on picture at right). If the client has a deviated septum, other nasal issues, or the nasopharyngeal tube cannot be inserted fully, we use this method. The swab is not inserted as far as the nasopharyngeal swab and is inserted in both nostrils. Immediately following this testing method, clients may experience watery eyes, runny nose, and sneezing.

### Who Should Get Tested?

- Anyone 6 months of age and older can get tested.
  - Please Note: Anyone younger than 18 must be accompanied by a parent or legal guardian.
- Anyone who has had a suspected exposure to someone with COVID-19.
- Anyone who has had a confirmed exposure to someone with COVID-19.
- Anyone who is asymptomatic and just being screened for COVID-19.



Click the Image for Testing Location Information

### Why Get Tested?

- Getting tested will help you to protect yourself, your loved ones and your community.
- Symptoms of COVID-19 may be similar to other common illnesses and can vary from person to person. Getting tested can let you know if you have the virus.
- Some people who are infected may have no symptoms. This means you could spread the virus without even knowing it.
- In Kent County, the Latinx and African American communities have been disproportionately affected by COVID-19.
- To review updated data, by race, ethnicity and gender, visit our dashboard: <https://www.accesskent.com/Health/covid-19-data.htm>