

## Newsletter Test Lanes: Corona testing in children

Dear Parent/Carer, this letter contains information about corona testing for children.

### When should you get your child tested?

- o Mild symptoms:
  - o A runny nose, a cold, sneezing and a sore throat
- o More serious symptoms:
  - o Coughing a lot, fever or shortness of breath.

**Exception:** A child known with asthma, hay fever, or a chronic respiratory condition does not have to be tested provided that he or she has no new symptoms.

- o No symptoms, but he/she has had close contact with someone who is known to have corona:
  - o test preferably as soon as possible
  - o but in any case on or after the 5th day after such contact.

### Note: If you choose not to have your child tested if he or she has symptoms:

- o Then your child may only return to day care or school once he/she has been completely symptom-free for 24 hours.

**Exception:** children from the ages of 0-4 years old with a runny nose may continue to go to day care provided they have no other complaints.
- o If your child has mild symptoms and the symptoms persist, your child may return to school or day care after staying at home for 7 days.
- o If your child **is also** a close contact of someone who has corona, then the quarantine period lasts for 10 days.

### Has your child recently had corona?

If your child has had corona and appears to develop symptoms again within 8 weeks, then he/she does not need to be tested again. Reinfection is rare. So testing in the first 8 weeks after a confirmed infection is not worthwhile. For this reason, children are allowed to go to school even if they have symptoms if those symptoms developed (again) within 8 weeks after a known infection.

### How do we test children for corona at the test lane?

The standard method is a nose and throat swab test: some mucus is removed from the throat and the nasal cavity with a cotton swab. In the majority of cases, this test only takes a few seconds.

### How can you best prepare your child for a corona test?

- Use neutral words to explain to your child what is going to happen and how long it will take (about 30 seconds).

- Tell your child what the protective clothing of the health workers looks like.
- Watch and discuss this video from GGD Groningen:  
[https://youtu.be/k1YVvK0\\_Lw3U](https://youtu.be/k1YVvK0_Lw3U)
- Be on time and make sure that you can calmly take your child to the test.
- Try not to bring any other children with you.
- Make sure you know where you have to be and how to get there.
- If you are in a hurry or distracted, both you and your child are more likely to feel unsettled.
- Speak calmly and quietly. It really helps your child if you can radiate calm and confidence.

### Where can you go to get a test?

There are test lanes in Badhoevedorp, Haarlem and Beverwijk, among other places. Until March 15th, there will also be one operating in Vijfhuizen. When making an appointment you can indicate your preference.

### How to make an appointment

- For children between 0 and 6 years old: you make an appointment as parent/carer via GGD Kennemerland by calling 023 789 1631. This number is available Monday to Friday from 08:30 – 20:00 and in weekends from 10:00 – 17:00.
- For children between 7 to 11 years old: you make an appointment as parent/carer via the national number 0800-1202. This number is available daily from 08:00 to 20:00.
- For children between 12 to 17 years old: you make an appointment as parent/carer via the national number 0800 - 1202, available daily from 08:00 to 20:00. Your child must then come to the phone to give permission for the appointment.
- Children aged 16 and 17 can also call the national number, 0800-1202, themselves.

Does your child have a DigiD? If so, you can also make an appointment online at <https://coronatest.nl> . You can read more about making an appointment for a test on the government website <https://www.rijksoverheid.nl/onderwerpen/coronavirus-covid-19/testen/afpraak-maken>. Please note, applying for a DigiD can take a few days.

### The test lane



We understand you might be nervous about having your child tested. Or maybe your child is scared. Please mention this when you arrive at the test lane. We can then take this into account, for example by taking more time to explain and to conduct the test.

It normally really is not that bad, and the test is usually successful.

### If the test is unsuccessful:

- We do not make a second attempt. This is because we want to avoid upsetting your child.

- If you would like a second test or you would like to discuss the matter, then once you have arrived home you should call GGD Kennemerland at 023-7891612. A nurse who specialises in infectious disease control will discuss the possibilities with you.
- Does your child have any symptoms?  
He or she can return to day care or school once they have been symptom free for 24 hours.
- Does your child have mild symptoms which continue for a long time? (a runny nose, a cold, sneezing, or a sore throat), he/she may leave quarantine and return to school 7 days after the first day of illness.
- Is your child in quarantine?  
This lasts 10 days.

## Frequently Asked Questions

- **Once we are at the test lane, can I choose which sort of test is used?**  
No, in the test lanes we use the throat and nose swab method.
- **Why is there no saliva test?**  
This does not always provide enough usable material. It often takes longer than 15 minutes to collect enough saliva. This test is not currently used in our test lanes.
- **Is it not possible for my child to spit into a tube or onto a tray?**  
No, this method has not yet been sufficiently researched to be used in our test lanes.
- **Is there a breathalyzer test (e-Nose) that my child can take?**  
No, this test is not yet suitable for children.
- **Is research being done on child-friendly testing methods?**  
Yes, research is being done into the reliability of a sort of mouthwash, a swab of the entrance of the nose and a breathalyzer test (e-Nose), among other things.
- **Is a test mandatory?**  
No, a test is not mandatory.
- **As a parent, are you required to give a test certificate to the school?**  
No, schools are not allowed to require this.

## Further information about Corona and contagiousness in children.

- [Children, school and COVID-19 | RIVM](#)

## Information on testing

- Testing information | RIVM <https://www.rivm.nl/coronavirus-covid-19/testing>
- Steffie gives a simple explanation about corona <https://corona.steffie.nl/en/#!/en>  
( Türkçe, Nederlands, Română, Soomaali, Polskie, Bonaire, English, български العربية)

## Do you have any questions about COVID-19?

Customer Contact Center corona 023-789 1631

- Monday to Friday from 08:30 – 20:00
- Saturday and Sunday from 10:00 – 17:00

Kind regards,

Department of Infection Prevention and Control, GGD Kennemerland

