

16.12.2021

Fact sheet: Self-testing of children

Test more for less Corona

Dear Parents,

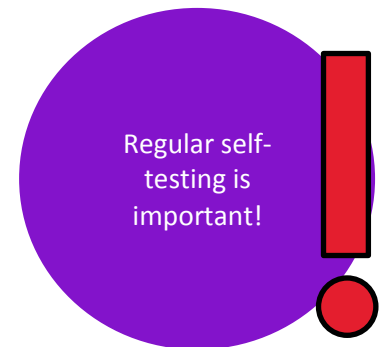
We would like to use this leaflet to inform you why self-testing your child is useful.

Why is it important to self-test your child?

Help to contain the corona virus and regularly use the free self-tests for your children. Especially during the travel season, be extra vigilant and careful to protect your and other children. Testing provides reassurance for children in a group or cohort. Self-tests are a helpful support to detect an infection early and to avoid further infections.

A self-test is always a **snapshot** and therefore it is very important to regularly self-test your child, even if they have no symptoms of illness.

This way you can help protect your children and others.



Which self-tests are provided in the child and family centres?

The self-tests are approved for children, voluntary and have been selected under scientific supervision. They are not dangerous for children. The swab is taken from the front of the nose. Self-tests with nasal swabs are provided free of charge in the child and family centres.

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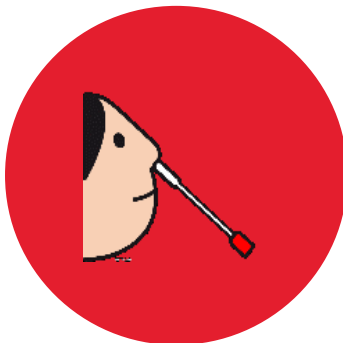
Tram
Line 3,5
Station
Eduard-Schopf-Allee

KiTa Bremen
Owner-operated enterprise
of the municipality
of Bremen
General Manager
Wolfgang Bahlmann
Deputy Manager
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DE09 2500 0000
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BIC
MARKDEF1250

Tax no.
60-100-07915

Sales tax identification no.
DE322325940



How do I perform the test correctly?

Before carrying out the tests please read the instructions and perform the test on your child with washed hands.

The nasal swabs are specially designed for children. The cotton swab is inserted 1-2 cm deep into the nose.

On the homepage of the Senator for Children and Education, under the Corona information page, you will find an explanatory video on how to carry out the nursery test.

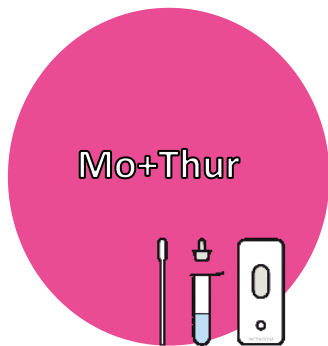
Notice:

You can find the video at
[https://www.bildung.bremen.de/Corona-Informationseite/Kita und Schulbetrieb/Kitas/Testungen/Wie funktioniert der Test für Kita-Kinder? Jarno and Katja erklären es](https://www.bildung.bremen.de/Corona-Informationseite/Kita%20und%20Schulbetrieb/Kitas/Testungen/Wie%20funktioniert%20der%20Test%20f%C3%BCr%20Kita-Kinder?Jarno%20and%20Katja%20erkl%C3%A4ren%20es)



How can I make the self-test easier for my child?

Create a relaxed atmosphere for you and your child. Explain the test step-by-step to your child so that he or she understands what is happening. Please do not test against the child's will. Show your child each time what you are going to do next. It is best to try out the testing together beforehand in a playful way. Or you can show your child how the test works on yourself. Maybe your child plays the test with a doll or a toy first.



How often should your child take the Corona self-tests?

The self-tests are carried out at home on Monday and Thursday mornings before the start of the day care centre.

If you have forgotten to do the test at home, you can exceptionally do the test at the Child and Family Centre.

Regular self-testing is very important to detect infections early and to protect children in time.

What should I do after a positive test result?

If the test result is positive, your child must not come to the Child and Family Centre and must stay at home. Please inform your Child and Family Centre immediately by phone. Next, please make an appointment for a PCR test to check the result. To do this, please call 361 10100. If the PCR result is positive, please notify your Child and Family Centre. Your child must then remain in isolation. You should also get yourself tested. If the result is negative, your child can visit the Child and Family Centre again.



What do I do after a negative test result?

If the result is negative, your child can visit the Child and Family Centre. If you have doubts about the test result or if the test is invalid, you can repeat the test once.

Please note a self-test is only a **snapshot** and should be repeated regularly, on Mondays and Thursdays.

Notice

If you do not want to test your child yourself, you can also have your child tested at a test centre free of charge. Alternatively, contact your paediatrician.

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