

Information for families on voluntary rapid testing or self-testing for children

The children's situation:

Rapid tests can be uncomfortable for children. Children need security and trust – especially when daily life is compromised as severely as due to the corona pandemic.

No child should be stigmatized because of a test or a test result. No one is personally to blame for the pandemic - neither children nor adults.

The corona pandemic has also become a topic and part of the educational work at kindergarten.

Children can develop fears or feelings of guilt when they find out about the possibility of infection that may affect themselves or family members. These feelings must be taken seriously. The kindergarten staff can help to ease fears and pressure.

Children who cannot attend kindergarten due to a positive test result are proactively involved by the kindergarten team. Your child's main kindergarten carer will ensure that contact is maintained and that absent children will continue to feel part of the group. Analogue and digital educational offers may be offered "remotely", too.

Which rapid testing methods are suitable for children?

There are several rapid antigen testing types available (sucking tests, nasal swab tests, spitting tests). The self-testing kits include detailed instructions for use which must be followed in order to ensure a reliable result.

Which testing type is most suitable for your child depends on their age and their individual abilities (so-called sucking or "lolly" tests have proven easiest to use for smaller children). The best smear tests for children are nasal swab tests that only require a smear of the anterior nasal area.

If not carried out in a test centre or a doctor's practice, the voluntary test should always be carried out and accompanied by a parent or a familiar carer, at home or in a familiar environment.

There is a wide range of videos on how to conduct rapid testing and self-testing, for example on YouTube. We recommend this video on how to conduct a swab test by zeitonline (["This is how the corona self-test works"](#) – video in German).

How reliable is rapid testing?

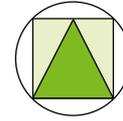
A rapid antigen test only indicates whether someone is infectious at the time of testing and is therefore only a **momentous indication**. Rapid testing results are less reliable as compared to the so-called PCR test results and **do not offer 100 percent reliability**. A rapid testing result is available after 10-15 minutes.

How often should testing be done?

Usually one or two tests per week are officially recommended.

Where is testing carried out?

At a testing centre or at a doctor's practice (test is carried out by medical staff):



In all cities, there is a large number of testing centres available that can also be visited with children. Testing there is free of charge and can easily be booked online. Advantage: The test results are confirmed in writing by medical staff.

At home:

Parents should carry out testing at home in the morning before you set off to kindergarten. If the test is positive, no other children or kindergarten staff are at risk until the result has been verified by a PCR test.

Self-testing kits are available from many retailers, both in supermarkets and online. If you need a rapid test, it may also be available at your kindergarten (in some cities, free of charge and individually packaged rapid tests are distributed to parents by the kindergarten and financed by the city).

A continuous supply of rapid tests that are not financed by the city or municipality can currently not be provided by kindergartens.

What should be done in the event of a positive rapid test?

In the event of a positive rapid test, please contact your paediatrician or family doctor as well as your local health department in order to arrange a PCR test.

Please inform your kindergarten manager of the positive test result of the rapid and PCR tests. Only a PCR test will provide certainty about infectiousness.