

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

Important:

This information is only relevant where a city, a municipality or a federal state has made regular rapid testing for children mandatory in order to attend kindergarten or daycare. There, it is usually mandatory to test children once or twice a week.

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?

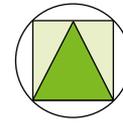
There are several rapid antigen testing types available (sucking tests, nasal swab tests, spitting tests). The self-testing kits include detailed instructions for use which must be followed in order to ensure a reliable result.

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).

If the test result is positive, an additional so-called PCR test will have to be carried out to confirm the result. Your responsible health department, your family doctor or an official testing centre will carry out the PCR test. In the event of a positive test result, always contact your kindergarten manager and a doctor.



How often should testing be done?

If regular rapid tests of children who attend kindergarten are mandatory in your city, information on the frequency of testing can be found in the relevant local corona regulations. Usually one or two tests per week are mandatory.

Where is testing carried out?

At a testing centre (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 can also be picked up 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 kindergarten or daycare manager as soon as possible.

An additional PCR test is always necessary in order to confirm the rapid test result. Please contact your paediatrician or family doctor. Your local health department can also arrange a PCR test for you.

Who documents what?

In the case of mandatory rapid testing for children who attend kindergarten, you as parents must either confirm in writing that you have conducted the rapid test on your children and that the result is negative (i.e. non-infectious), or show a written test result by an official testing centre.

The test result must be documented by your kindergarten. Your child will only be able to attend kindergarten if the test frequency specified in your local corona regulations is adhered to and if the negative test result is confirmed in writing or proven.