

Going to the

MUDGEES

RESPIRATORY CLINIC



If I am feeling unwell I may need to go to the Mudgee Respiratory Clinic. When I go to the clinic my mum, dad or a carer will come with me.



There are lots of different doctors and nurses who work at the clinic.



The doctors and nurses will be wearing a gown, a mask and gloves. This helps to protect the doctors and nurses from catching germs or spreading germs to other people.

When I arrive at the clinic I will wash my hands with some hand sanitizer.



The doctor or nurse will give me a mask to wear just like the doctors and nurses are wearing!

The doctor or nurse will also take my temperature by holding a thermometer near my forehead.



The doctor or nurse will ask me
some questions about how I am
feeling.

They might check my ears
and mouth, and listen to my
breathing and my heart.



To do the test the doctor or nurse will use a swab. The swab is very soft. It doesn't hurt, but it will feel strange and uncomfortable. It may make me feel like I want to cough or sneeze.

It is important to stay very still while the doctor or nurse is doing the test.



When it's time for my test, the doctor or nurse will ask me to keep my head and body very still. My mum, dad or carer will help me.



If I'm feeling worried or nervous I can take some slow deep breaths. I could also bring a favourite teddy to cuddle or something to squeeze in my hands while I am having the test. This will help me to relax and to keep my body still and calm.



Having the test involves 2 quick steps and each step only takes a few seconds.

First the doctor will take a test from inside my mouth by rubbing a soft swab on my throat.



Next the doctor will swab inside my nostril.

Now my test is finished and it is time to go home again. Well done, I did it!

Having a test can make me feel lots of different emotions. I might feel:



Worried



Scared or
Frightened



Curious



Calm and
confident

To get ready for my test I can talk to mum, dad or my carer about how I am feeling and ask them any questions I might have.



I can find a teddy or a comforter ready to take with me to the clinic.

I can practice taking some deep calming breaths and I can practice counting slowly to 5.



Now I know all about having a test
at the Mudgee Respiratory Clinic.

I've got this!



This booklet has been developed
by Mudgee Community Preschool in
consultation with the doctors and
nurses from the Mudgee Respiratory
Clinic, South Mudgee Surgery



Design by



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