Below are ten reasons why people may <u>**not**</u> want to get tested for COVID-19. Pick the 3 that are most relevant for you, then **click on them** to see more information.

If I get COVID-19 symptoms (signs of having COVID-19), I might not get tested because...

I would prefer to self-isolate instead

I'm not sure this sign is one that needs testing

I have signs of COVID-19 but I don't think they are bad enough

I have signs of COVID-19 but I think it's a cold or hay fever

I'm worried the test is painful

Im worried about spreading my illness on the way to the testing centre

There aren't many cases in my area.

I'm worried I will catch COVID-19 when I get tested or on the way to the testing centre

I'm not sure what to do

I'd like my doctor's advice first

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Testing for COVID-19 can be uncomfortable but shouldn't be painful. The test itself is very quick, and usually takes less than one minute.

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There aren't many cases in my area.

Every new outbreak of COVID-19 starts with one new case. It is much easier to stop the spread when cases are low because we can use testing to quickly find other people who have COVID-19, even people who don't show any signs of the virus.

I'm worried I will catch COVID-19 when I get tested or on the way to the testing centre

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Getting tested

Getting tested for COVID-19 is important because it will reduce the spread of infection and keep us all safe

The next stage of this survey asks you to create an action plan for getting tested for COVID-19

→

COVID-19 Testing Plan

We want you to plan how you will get tested for COVID-19, even if there are obstacles in your way.

Step 1: Reasons you might hesitate to get tested

Below is a list of reasons why you might hesitate to get tested for COVID-19, even if you have signs of COVID-19.

Choose **up to** 3 reasons from the list.

The most likely reasons I won't get tested for COVID-19 are...

The most likely reasons I won't get tested for COVID-19 are...

I would prefer to self-isolate instead

I am worried about spreading my illness on the way to the testing centre

I have signs of COVID-19 but I think it's a cold or hay fever

there aren't many cases in my area

I'm worried the test is painful

I'm worried I will catch COVID-19 when I get tested or on the way to the testing centre

I have signs of COVID-19 but I don't think they are bad enough

I'm not sure what to do

I'm not sure this sign is one that needs testing

Below are your top 3 reasons to not get tested for COVID-19.

Some reasons will be more important than others. Choose the **1** that you feel is the **most likely reason** that you wouldn't get tested if you have signs of COVID-19.

I might not get tested for COVID-19 because...

I'm worried the test is painful

there aren't many cases in my area

I have signs of COVID-19 but I don't think they are bad enough

Great! Your reason is: Not getting tested when **there aren't many cases in my area**

The last step is to come up with a plan!

Choose one solution that you think will work best for you.

Drag it into the space on the right.

Items

remind myself that even if I only have one of the signs, it is still worth getting tested

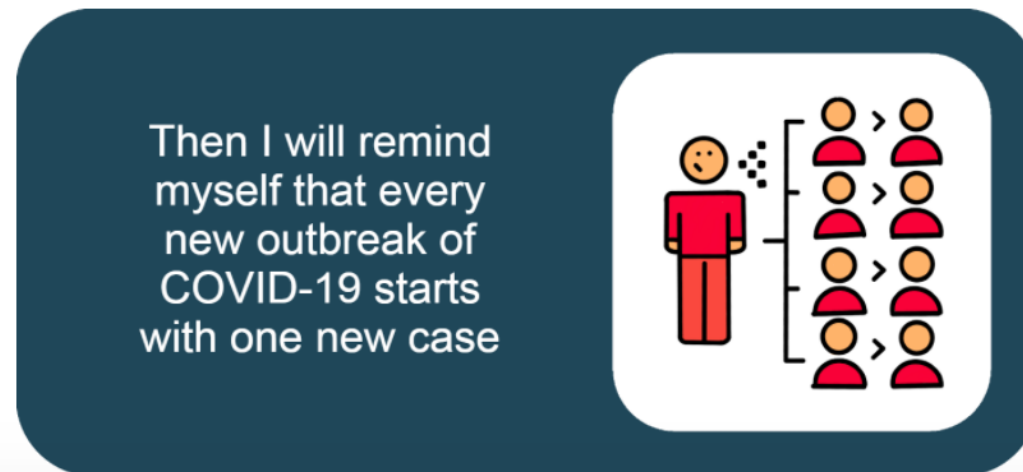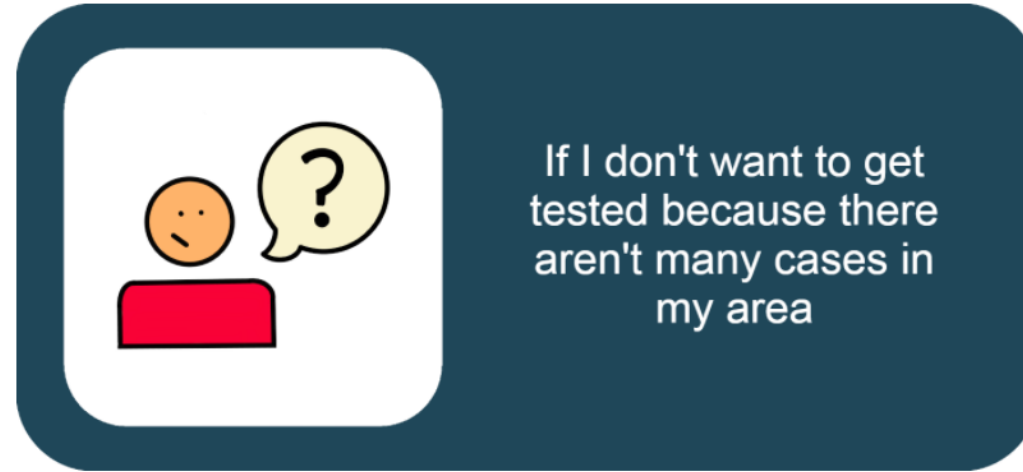remind myself that getting tested helps protect my community

remind myself that getting tested means we can check if people I've been in contact with have COVID-19

If I don't want to get tested because there aren't many cases in my area, I will...

1 remind myself that every new outbreak of COVID-19 starts with one new case

Here is your plan so far:

If I don't want to get tested because there aren't many cases in my area

Then I will remind myself that every new outbreak of COVID-19 starts with one new case

How hard do you think it will be to do this plan for the next month?

Very easy

0   1   2   3   4   5   6   7   8   9   10   Very hard

Your score suggests this plan may be too hard for you.

Let's choose something a little easier.

Choose the solution that you think will work best for you.

Drag it into the space on the right.

Items

remind myself that even if I only have one of the signs, it is still worth getting tested

remind myself that every new outbreak of COVID-19 starts with one new case

remind myself that getting tested means we can check if people I've been in contact with have COVID-19

If I don't want to get tested because there aren't many cases in my area, I will...

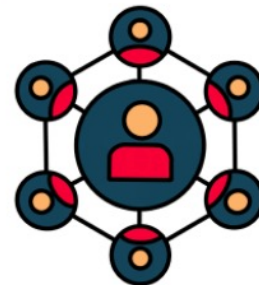1   remind myself that getting tested helps protect my community

Well done! Try to remember this plan for the **next month**. Say it **3 times** to yourself. You will be able to continue the survey in 10 seconds.
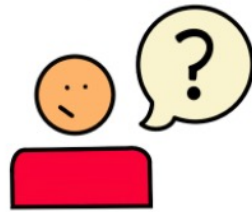
If I don't want to get tested because there aren't many cases in my area

Then I will remind myself that getting tested helps protect my community

We will email you **three reminders** about your plan over the next four weeks.

You could also **print** a copy or take a **screenshot**. To download a PDF select 'Print as PDF' when you choose a printer.

Print or download plan