

Minnesota Department of Health (MDH) COVID-19 Testing Recommendations

Minnesota has an extensive statewide testing operation. Residents have several ways to access no-barrier testing, including more than 20 community testing sites, a mail-order at-home test program, and clinics and hospitals across the state. Tests remain no-cost to the individual but they are asked to provide their insurance information so the state can seek reimbursement from insurance companies.

Currently, MDH recommends testing for:

1. Anyone with symptoms
2. Anyone who was exposed to someone who tested positive for COVID-19
3. Anyone who has attended a one-time, high-risk activity such as a large gathering or indoor event with people you do not live with
4. Anyone who is actively engaged with people outside of their household or is working at places that remain open during the pandemic. This includes critical infrastructure, first responders, health care, retail, etc.
5. Anyone who is returning to a classroom or campus should get tested

More detail on these categories and information on testing can be found at: [Who should get tested? / COVID-19 Updates and Information - State of Minnesota \(mn.gov\)](#)

Testing Sites:

Testing is done by nasal swab or saliva.

- To find a location near you visit: [Find Testing Locations in Minnesota / COVID-19 Updates and Information - State of Minnesota \(mn.gov\)](#)
- Information on at home saliva testing kits can be found here: [COVID-19 Test at Home - Minnesota Dept. of Health \(state.mn.us\)](#)

Quick Facts:

- While testing sites remain open for walk-ins, MDH strongly encourages people to make an appointment and only use the walk-in option if you need a test today.
- Make sure you know what to do while you wait for your test results. Visit [I got Tested - Now What](#) for more information.
- If you are choosing saliva testing keep in mind:
 - Saliva testing has similar accuracy of other testing
 - Do not eat, drink, smoke or chew gum for 30 minutes prior to test
 - Free testing if you are not insured, but do bring your health insurance card if you have it
 - Bring a smartphone to complete testing (or one will be provided)