

STAY SAFE MN

Order Your Free At-home Rapid Tests

Every home in Minnesota is eligible to order eight rapid at-home COVID-19 tests once a month for free, while supplies last.

Order your free at-home tests: [Say Yes! COVID Test! \(https://sayyeshometest.org/\)](https://sayyeshometest.org/)

Need help placing an order for your at-home tests?

Call the MDH COVID-19 Public hotline 1-833-431-2053

between 9:00 a.m. and 5:00 p.m. on Monday, Wednesday, and Friday; 9:00 a.m. - 7:00 p.m. on Tuesday and Thursday.

At-home testing helps determine your risk for spreading COVID-19.

At-home rapid tests help detect the virus that causes COVID-19. You can do the nasal swab test anywhere and get results in about 15 minutes.

The at-home rapid antigen tests can be used at any time, such as if you have symptoms of COVID-19, were exposed to someone who has COVID-19, or before an indoor gathering. Learn more on [COVID-19 Self-Testing \(https://www.health.state.mn.us/diseases/coronavirus/testsites/hometests.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/hometests.html).

The tests available for order:

- Are rapid antigen at-home tests, not PCR
- Can be taken anywhere
- Give results within 15 minutes (no lab drop-off required)
- Work whether or not you have COVID-19 symptoms
- Work whether or not you are up to date on your COVID-19 vaccines
- Are also referred to as self-tests or over-the-counter (OTC) tests

Every home in Minnesota is eligible to order eight rapid at-home COVID-19 tests once a month for free, while supplies last. You can order tests once per month, even if you have ordered tests in the past.

People using the test should follow testing instructions from the manufacturer.

Remember to check the expiration date on your test kit before using it and do not use tests that are expired.

Note: Some tests have been granted extensions on their expiration dates, so you may be able to use it for longer than it says on the box.

You can look for the brand of test you have on the [FDA At-Home OTC COVID-19 Diagnostic Tests \(https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests\)](https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests) web page to see if it has an extended expiration date. If it has an extended expiration date, there will be a link to a document showing Lot Numbers and expiration dates. Find the Lot Number printed on the test kit box and then look for that number on the list to see the new expiration date.

How do I use the test?

Please follow the full directions found in the test package. To see how the test works, you can watch the video for the type of test you have:

- iHealth - [How to use the iHealth COVID-19 Antigen Rapid Test \(https://www.youtube.com/watch?v=qBt_H4Gc-rU\)](https://www.youtube.com/watch?v=qBt_H4Gc-rU)
- BinaxNow - [How to: A Guide for the BinaxNOW™ COVID-19 Self Test \(https://www.youtube.com/watch?v=baQQfoX-JXo\)](https://www.youtube.com/watch?v=baQQfoX-JXo)

What is the rapid antigen test?

The rapid antigen test helps detect the virus that causes COVID-19. If you have symptoms, the test can quickly tell whether you have COVID-19. You can do the nasal swab test anywhere and get results in about 15 minutes or 20 minutes depending on the type of test.

When should I use my rapid antigen test?

You can use your rapid antigen test on members of your household who are 2 years old or older at any time. You should test immediately if you have symptoms of COVID-19. You should also get tested five full days after being exposed to someone who has COVID-19. For more details and information on other times when testing may be recommended, visit the [MDH COVID-19 Testing website \(https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html).

What if I have symptoms but test negative with the rapid antigen test?

If you have a negative test result, you should take another test. The CDC and FDA recommend repeat testing after a negative antigen test result whether or not you have symptoms. Follow the manufacturer instructions that came with your test for when to take another test. For more details on repeat testing, visit [At-Home COVID-19 Antigen Tests-Take Steps to Reduce Your Risk of False Negative: FDA Safety Communication \(https://www.fda.gov/medical-devices/safety-communications/home-covid-19-antigen-tests-take-steps-reduce-your-risk-false-negative-fda-safety-communication\)](https://www.fda.gov/medical-devices/safety-communications/home-covid-19-antigen-tests-take-steps-reduce-your-risk-false-negative-fda-safety-communication).

Talk to your health care provider if you have questions about what test to use and when to test.

What if I test positive with the rapid antigen test?

If you test positive, stay home and away from others. Follow the public health guidance at [If You Are Sick or Test Positive \(https://www.health.state.mn.us/diseases/coronavirus/sick.html\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html). If you are at high risk of severe disease, contact a doctor or health care provider right away to ask about COVID-19 treatments.

