

Abdi G

We are here to talk to you about COVID 19 testing. In this video we will share with you information about why you need to do COVID-19 testing, the benefits of testing and where we can go for testing. We want to help everyone to understand COVID-19 testing so that we can better keep our community safe.

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Why are we doing community testing for COVID-19?

Since public places are going to reopen, COVID-19 can spread easily and quickly. Thousands of people may have been exposed. Testing will improve the ability to stop the spread of the disease.

What are the benefits of testing?

Knowing your COVID-19 status and observing more strict social distancing measures, even if you are feeling well, will help protect the people around you.

Who can receive this testing?

- a. If you participated in an event with a lot of people, such as a protest or a community clean up, you may need to be tested even if you don't have symptoms.
- b. People with symptoms of COVID-19 should get tested. Symptoms include fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell. Some people have gastrointestinal symptoms like nausea, vomiting, or diarrhea.
- c. If you live or work in a place that has a COVID-19 outbreak, you may need to be tested even if you don't have symptoms.
- d. People who live high-tower apartments and use shared elevators, laundry rooms etc
- e. Some community testing sites are encouraging all neighborhood residents to come for testing.

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What will happen during the testing?

A health care worker will gently insert what looks like a long Q-tip as far as it'll go into a person's nose, twirl the swab to get a good sample, then remove it and place it in a vial, which is then sent to a lab for testing. Please note that you won't get COVID-19 from the testing process.

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How much does it cost and who is eligible for testing?

COVID-19 testing should be FREE for all people in Minnesota. You do not need insurance. Some clinics have been charging copays or other fees, even though testing should be free. It's a good idea to call before you go to a clinic for testing, to make sure that they can test you and that you will not have to pay anything for your visit.

How will I receive my results?

When you get tested, ask the clinic or testing site when your results will be available and how you will get them. We encourage you to answer calls from numbers you do not recognize for the days following your test, until you receive your result.

Where Can I Go For Testing?

Testing is currently prioritized for community members living in the areas where mass public events were happening. Many clinics in Minnesota are providing COVID-19 testing. There are also community testing sites in some areas. Visit: <https://mn.gov/covid19/testing> to find a location near you. Some testing sites require an appointment. If you are seeking testing at a clinic, remember to call ahead to make sure that they can test you and that you will not have to pay anything for your visit.

If you want to receive information about COVID-19 text YES to 612 474-2290.
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