



COVID-19 At-Home Rapid Test Overview: iHealth

What are at-home rapid test pick-up locations?

To help keep your community healthy and slow the spread of COVID-19, the Minnesota Department of Health (MDH) has partnered with local public health agencies, tribal health leaders, food shelves and community-based organizations to provide free at-home rapid tests to Minnesotans at specified pick-up locations.

What is the iHealth antigen rapid test?

The iHealth 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.

When should I use my iHealth test?

You can use your iHealth test on members of your household who are 2 years old or older at any time. The Minnesota Department of Health recommends testing for the following reasons:

- You are feeling symptoms of COVID-19;
- You had a close contact with someone who has COVID-19;
- You might have been exposed to someone who has COVID-19;
- You are testing before going to a large gathering.

If you are getting tested but do not have symptoms, please refer to the iHealth instructions, or to MDH [Close Contacts and Quarantine \(www.health.state.mn.us/diseases/coronavirus/close.html\)](http://www.health.state.mn.us/diseases/coronavirus/close.html).

How do I use the test kit?

Please follow the full directions found in the test kit package. To see how the test works, you can watch this video: [How to use the iHealth COVID-19 Antigen Rapid Test \(https://youtu.be/qBt_H4Gc-rU\)](https://youtu.be/qBt_H4Gc-rU).

What if I have symptoms but test negative with the iHealth test?

Even with a negative rapid test result, someone who has symptoms should take a PCR COVID-19 test and should not return to regular activity until symptoms have improved for 24 hours. Find PCR testing options at [Minnesota COVID-19 Response \(mn.gov/covid19/\)](http://mn.gov/covid19/). If you have questions about your symptoms, contact a doctor or health care provider.

What if I test positive with the iHealth test?

If you test positive, stay home and away from others. If you have symptoms, contact a doctor or health care provider. Follow the public health guidance at [If You Are Sick or Test Positive \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html).

What do I do if I have questions?

Please call the Minnesota Department of Health COVID-19 Public Hotline at 1-833-431-2053, open Monday through Friday from 9 a.m. to 7 p.m., and Saturday from 10 a.m. to 6 p.m.

