

COVID-19 Testing for Kids and Families

We recommend that all school-age youth returning to school, and their families, get tested for COVID-19 every two weeks through the end of the school year. Kids involved in any extracurricular activities or sports should get tested every week.

We are seeing a sharp increase in school-related COVID-19 cases because of a new variant that has the potential to infect many students during an outbreak. Getting tested regularly is the best way to know you are healthy. If you don't have symptoms and have not been close to someone with COVID-19, you do not need to stay home while you wait for your test results.

Anyone can have COVID-19 and not know it. Testing, wearing a mask, social distancing, and staying home (quarantining) when needed are some of the best tools we have to slow the spread. Taking these steps will help avoid pauses to sports and keep kids in the classroom.

For parents and families

There are many COVID-19 testing options, depending on your needs, and each option is available at **no cost** to you. You can even schedule appointments for the whole family at the same time. There are [COVID-19 community testing sites](#) across Minnesota, in addition to local hospitals and clinics. You can make an appointment ahead of time or walk in. You can also use the [COVID-19 test at home](#) program to have a test mailed to you.