

How to Take an At-Home Saliva Test (Audio Described): Transcript

[upbeat music]

>> *The Minnesota state logo and the Vault Health logo appear underneath the text "How to Take an At-Home Saliva Test."*

[Narration] How to Take an At-Home Saliva Test.

>> *The scene changes. A woman examines an at-home saliva testing kit on a counter, with the envelope in front of her.*

The State of Minnesota and Vault Medical Services have teamed up to offer at-home saliva testing for everyone, at no cost to you.

>> *The woman holds a test-kit package. An email icon in the lower corner of the screen receives a notification.*

When your test kit is delivered, you will receive an email letting you know your test has arrived and providing a link to Vault's website.

>> *The scene changes. Text appears on a white screen, reading "Take your COVID-19 test as soon as possible."*

Take your COVID-19 test as soon as possible. If you have COVID-19, the sooner you know, the sooner you can take steps to keep it from spreading to others.

>> *The scene changes. The woman sits in front of a laptop and unwraps the vial and funnel from the testing kit. A smartphone slides into the frame, and blue arrows point to the cameras on the laptop and smartphone.*

To take the at-home saliva test, you will need a good internet connection and smart phone or laptop with a working camera.

>> *The scene changes. A cartoon apple appears inside a gray do-not symbol. The apple drops away and is replaced by a glass of water, a cigarette, and a chewing person in profile. A small clock appears to the left of the do-not, with 30 minutes shaded out.*

Do not eat, drink, smoke or chew anything 30 minutes before taking the test.

>> *The scene changes. The woman types at her laptop on the Vault Health website. She holds the barcode of her testing kit up to the laptop camera. It brings her to the next webpage.*

When you are ready to take the test, log on to Vault's website during their testing hours (Sunday-Thursday 7am-7 pm, Friday-Saturday 7am-5pm). You do not need an appointment.

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>> *A Vault Health waiting room website page fills the laptop screen.*

You will enter an online waiting room. If many people are taking their at-home test that day, you may need to wait a while. Do not take the test yet.

>> *The woman opens her testing kit, removing a small funnel attached to a tube. She spits into the tube.*

You will be connected by video to a Vault test supervisor who will walk you through how to take the test. You will spit into a funnel attached to a tube. Producing the required amount of saliva usually takes 10-12 minutes.

>> *In sped-up film the woman packages her tube into a bag. She then seals the bag and packages it into a UPS envelope with a shipping label on the side.*

The test supervisor will tell you how to pack up your test kit to send back to the lab. Once your test is complete and fully sealed, bring the prepaid UPS package as soon as possible to a UPS drop box or UPS store to ship your sample to the lab.

>> *The woman googles "Find UPS Locations" on her smartphone.*

There is a locator tool on the UPS website that you can use to find a UPS drop box or UPS store near you.

>> *The scene changes. Text appears on a white screen, "You'll get your results within 48 hours." Above the text an icon for email appears.*

You should get your results back by email within 24 to 48 hours after the lab receives your sample.

>> *The scene changes. Text appears on a white screen and is read aloud.*

If you have questions, need an interpreter, or need an accommodation, call 800-800-5698 or email accessibility@vaulthealth.com with your language need or assistance request.

>> *The scene changes. The StaySafe MN logo appears on the screen above the text, "mn.gov/covid19".*

Thank you for getting tested and helping to keep our communities safe.

For more information about COVID-19 testing, visit: mn.gov/covid19

[upbeat music]

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To obtain this information in a different format, call: 651-201-4989