



Chisago County Health and Human Services Public Health Division



FOR IMMEDIATE RELEASE

(09/28/20)

Is Spitting the new Swabbing for COVID-19 Testing?

****MEDIA ADVISORY****

Recently, Duluth became the first city in the state of Minnesota to offer free saliva testing for COVID-19 and the Minnesota Department of Health has plans to offer saliva testing in nine more cities across the state. A COVID-19 saliva test developed by researchers at Yale University appeared to perform at least as well as nasal swabs in a study of hospital patients, a finding that may help encourage more frequent use of saliva testing across the nation.

When this new way of testing becomes more widely available, many Minnesotans will find relief in getting a COVID-19 test knowing they do not have to get a very long cotton swab heaved up their nostrils, which for some can cause discomfort. Although saliva testing will not replace nasal pharyngeal swab tests, they will work in parallel to continue testing Minnesotans at a high capacity. According to Minnesota Health Commissioner Jan Malcolm, "Increased access to testing and identifying positive cases as early as possible is a critical way to keep schools and the economy as open as possible. While testing alone will not suppress the virus, higher testing volumes are a central part of our strategy to manage the virus."

What can you expect when getting a saliva test?

Those who come for a test should avoid eating, drinking, chewing, or smoking anything for at least 30 minutes before providing a sample. Once at a testing site, the individual will self-administer the test by spitting into a funnel attached to a small tube. Clinic staff will be available on-site to monitor the collection process and ensure there is enough saliva to be tested. Results from the test are typically provided via email within 48 hours of arriving at a lab for processing.

For the latest information about COVID-19 in Chisago County, visit @ChisagoCountyPublicHealth on Facebook or the [Chisago County COVID-19 Information Page](#).