

NEED A TEST? GET A TEST!

You should get a COVID-19 test if you have symptoms of COVID-19, have come in close contact with someone who has COVID-19, or if you have traveled outside of DC, Maryland or Virginia.

FOUR WAYS TO GET TESTED

1 Make an appointment with your healthcare provider	3 Pick up and drop off a free, at-home testing kit at any of the 27 sites coronavirus.dc.gov/testyourself
2 Do an over-the-counter at-home test and log your results at coronavirus.dc.gov/overthecounter	4 Go to a District-operated walk-up site listed on coronavirus.dc.gov/testing

STEPS TO PROMOTE HEALTHY HABITS OUTSIDE OF CHILD CARE

Together we can all do our part to promote healthy habits outside of child care to reduce the spread of COVID-19 in our communities. All eligible individuals are encouraged to **get the COVID-19 vaccine**.

More information and vaccine locations are available at vaccinate.dc.gov



FACE MASKS FOR PEOPLE AGE 2 AND OLDER

- Masks should cover the nose and mouth and fit snugly against the sides of the face
- Masks are required in District schools, child care, libraries, healthcare facilities and businesses that choose to enforce them
- Consider wearing masks in crowded places



HAND HYGIENE AND RESPIRATORY ETIQUETTE

- Hands should be washed frequently with soap and water for at least 20 seconds
- Hand sanitizer with 60 percent alcohol should be used if soap and water are not available
- Cover all coughs and sneezes in a tissue or elbow
- Avoid touching your food, face, eyes, mouth and nose with unwashed hands



TRAVELING

- Masks are required on all public transportation, including trains, planes, school buses, Metrorail and Metrobus
- Do not travel if you are feeling sick
- If traveling outside of DC, Maryland or Virginia, get a COVID-19 test 3-5 days after return



MONITOR SYMPTOMS AND STAY HOME IF SICK

- Seek a test or speak with your healthcare provider if you have symptoms of COVID-19
- Stay home if you've had close contact with someone confirmed to have COVID-19