

# 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

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

## 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](https://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