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.

FIVE WAYS TO GET TESTED

1. Get an at-home testing kit from your child’s school at the end of winter break. Contact your school for specific details.
2. Do an over-the-counter at-home test and log your results at coronavirus.dc.gov/overthecounter
3. Pick up and drop off a free, at-home testing kit at any site listed on coronavirus.dc.gov/testyourself
4. Go to a District-operated walk-up site listed on coronavirus.dc.gov/testing
5. Make an appointment with your healthcare provider

STEPS TO PROMOTE HEALTHY HABITS OUTSIDE OF SCHOOL
Together we can all do our part to promote healthy habits outside of school 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
- 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