

NEED A TEST? GET A TEST!

You should get a COVID-19 test if you have symptoms of COVID-19 or have come in close contact with someone who has COVID-19

FOUR WAYS TO GET TESTED

1 Make an appointment with your healthcare provider	3 Pick up and drop off a free, at-home NAAT (e.g., PCR) testing kit at any of the 36 sites listed on https://coronavirus.dc.gov/testyourself
2 Pick up a free rapid test or go to a District-operated walk-up site listed on coronavirus.dc.gov/testing	4 Go to a District-operated COVID Center site listed on coronavirus.dc.gov/covidcenters

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.



ANNUAL HEALTH EXAMS AND VACCINATIONS

- All eligible individuals are strongly encouraged to get the COVID-19 vaccine. Speak with your primary healthcare provider if you have questions and find vaccine locations at vaccines.gov
- Schedule your child's annual health exam to catch up on all childhood vaccinations and ask the provider to complete the Universal Health Certificate to submit to your child care facility
- Schedule your child's dental exam and ask the provider to complete the Oral Health Assessment to submit to your child care facility (children ages 3 and older)



FACE MASKS FOR PEOPLE AGE 2 AND OLDER

- Wear a mask based on your personal preference, informed by your personal level of risk
- Check the mask requirements of public transportation, businesses, museums, schools, child care, and healthcare facilities you use or plan to visit
- Masks should cover the nose and mouth and fit snugly against the sides of the face



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



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're not vaccinated and you've had close contact with someone confirmed to have COVID-19
- Stay home and isolate if you've tested positive for COVID-19