Together we can all do our part to promote healthy habits outside of school and child care to reduce the spread of coronavirus (COVID-19), influenza (flu), Respiratory Syncytial Virus (RSV) and other respiratory illnesses in our communities. Routine everyday healthy habits include: getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids and eating nutritious foods.

**FOUR WAYS TO GET TESTED FOR COVID-19**

You should get a COVID-19 test 5 days after exposure (close contact) or if you have symptoms of COVID-19.

1. Make an appointment with your healthcare provider or participating pharmacy
2. Go to a District-operated COVID Center site listed on coronavirus.dc.gov/covidcenters
3. Pick up a free rapid test at any of the sites listed on coronavirus.dc.gov/testyourself or go to a District-operated walk-up site listed on coronavirus.dc.gov/testing
4. Go to covid.gov/tests to request at-home antigen tests mailed directly to your household via USPS

**MORE INFORMATION:**