**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**

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