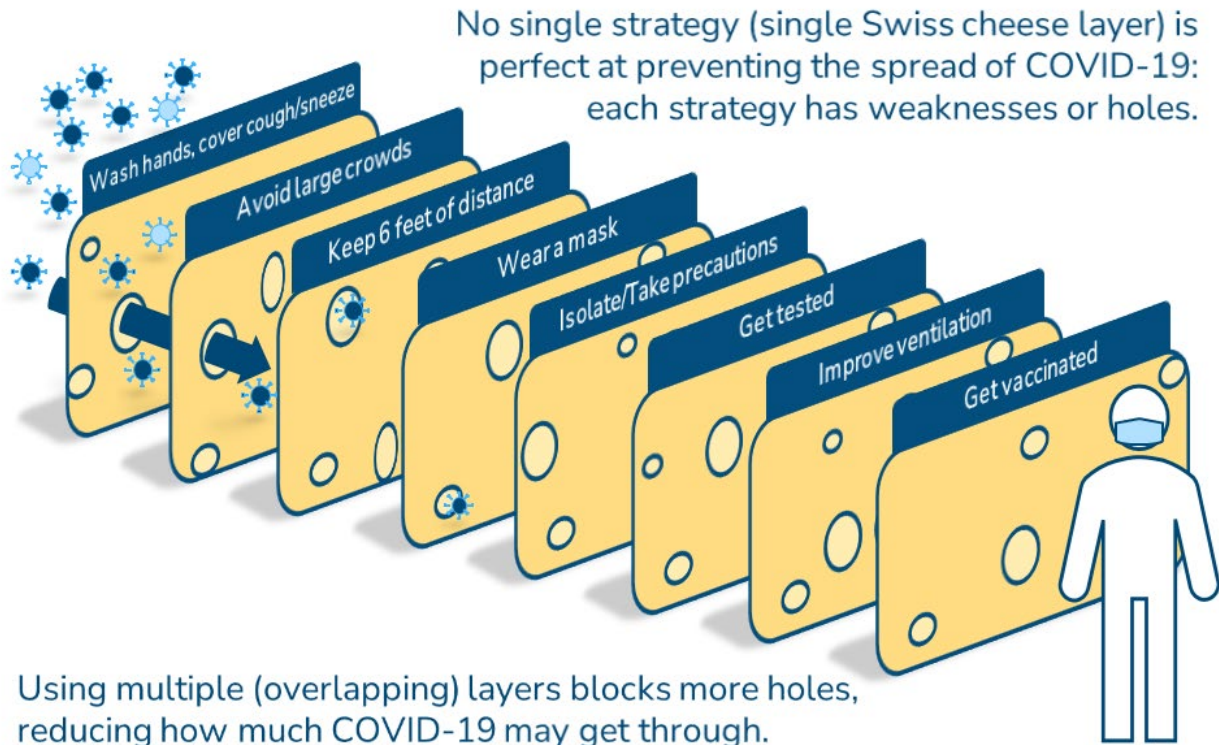


Use Many Strategies to Slow the Spread of COVID-19



Get vaccinated	<p>Get vaccinated. COVID-19 vaccines are free, safe, and effective.</p> <ul style="list-style-type: none"> • Visit the Arlington County COVID-19 vaccine page for more information. • Search vaccines.gov for appointments in and around Arlington, which includes pharmacies and other medical providers.
Improve ventilation	Bring more outdoor air indoors to lower the amount of virus in the air at home and work .
Get tested	<p>Get tested. Find a test in Arlington County or information on home test options.</p> <ul style="list-style-type: none"> • Test immediately if you have COVID-19 symptoms. • Test on day 6 if you were exposed to COVID-19 but do not have symptoms. <ul style="list-style-type: none"> ◦ Test again on day 7 or 8 if the first test is negative. • Consider testing before contact with someone at high risk for severe COVID-19. • Use the CDC's tool to help you decide when to get tested or seek medical care.
Isolate/Take precautions	<p>Isolate and take precautions if sick with COVID-19.</p> <ul style="list-style-type: none"> • Stay home and away from others until you have your test results. • If you test positive, stay home and away from others for at least 5 days. • See Steps to Slow the Spread of COVID-19 for more information. <p>Take precautions if exposed to COVID-19 (see Get tested above and Wear a mask below).</p>
Wear a mask	Wear a mask with the best fit, protection, and comfort, when required or recommended .
Keep 6 feet of distance	Keep as much distance from people who do not live with you (ideally at least 6 feet).
Avoid large crowds	Avoid large crowds at events and places where it is hard to keep safe distances.
Wash hands, cover cough/sneeze	<ul style="list-style-type: none"> • Wash hands often with soap and water for 20 seconds. If not available, use hand sanitizer with at least 60% alcohol. • Cover coughs and sneezes.