

Use Many Strategies to Slow the Spread of COVID-19

No single strategy (single Swiss cheese layer) is perfect at preventing the spread of COVID-19: each strategy has weaknesses or holes. Using multiple (overlapping) layers blocks more holes, reducing how much COVID-19 may get through.



Adapted from Ian Mackay. *The Swiss Cheese Infographic that Went Viral* Dec 2020. (<https://virologydownunder.com/the-swiss-cheese-infographic-that-went-viral/>)

Keep 6 feet of distance	Keep 6 feet of distance from others who are not members of your household.
Wear a mask	Wear a mask when required or recommended .
Wash your hands, cover cough/sneeze	Wash your hands often with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol. Cover your coughs and sneezes.
Avoid large crowds	Avoid large crowds at events and places where it is hard to keep 6 feet of distance.
Get tested	<p>Get tested to find out if you are sick. You should get a test if you have symptoms of COVID-19 (fever, cough, or other symptoms), even if you are fully vaccinated and regardless of whether you've been exposed.</p> <ul style="list-style-type: none"> • Use the CDC self-checker to help you decide when to get tested or seek medical care. • Find a test in Arlington County or information on home test options.
Bring outdoor air indoors	Bring outdoor air indoors to lower the amount of virus in the air at home and at work .
Quarantine/Isolate	<p>Quarantine and isolate. Stay at home and quarantine yourself from others while you await your test results; isolate while you recover from your illness. See Steps to Slow the Spread of COVID-19 for more information.</p> <ul style="list-style-type: none"> • If you test positive for COVID-19, Arlington County will call you to ask about your symptoms, the people you were with, and your activities. Answer the call from the health department.
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. • Find a vaccine near you in Arlington County or visit Vaccines.gov.