

# HEALTHY HABITS TO PREVENT AND REDUCE RESPIRATORY ILLNESS IN THE COMMUNITY

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.

## VACCINATIONS AND ANNUAL HEALTH EXAMS



- All eligible individuals 6 months and older are strongly encouraged to get the COVID-19 vaccine and recommended boosters as well as the annual flu vaccine. Speak with your primary healthcare provider if you have questions and find vaccine locations at [vaccines.gov](https://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 school or child care facility
- Schedule your child's dental exam and ask the provider to complete the Oral Health Assessment to submit to your school or 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
- Masks are recommended at high COVID-19 Community level, and at medium for those at high risk of getting severe COVID-19
  - CDC: [cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html](https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html)
  - DC: [coronavirus.dc.gov/key-metrics](https://coronavirus.dc.gov/key-metrics)

## 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
- Avoid close contact such as kissing, shaking hands, and sharing cups and eating utensils with those who may be sick

## CLEAN SURFACES AND FREQUENTLY TOUCHED ITEMS



- Routinely clean frequently touched surfaces and objects such as doorknobs, toys and mobile devices

## MONITOR SYMPTOMS AND STAY HOME IF SICK



- Seek a test or speak with your healthcare provider if you have symptoms of COVID-19, flu, or RSV
- Stay home and isolate if you have symptoms or have tested positive for COVID-19
  - Isolation and Return Requirements for Child Care: [bit.ly/osse\\_childcare\\_covid-isolation](https://bit.ly/osse_childcare_covid-isolation)
  - Isolation and Return Requirements for School: [bit.ly/osse\\_schools\\_covid-isolation](https://bit.ly/osse_schools_covid-isolation)

## 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.

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

### MORE INFORMATION:

1. COVID-19 vs. RSV vs. Flu: How to Tell the Difference (Children's National): [bit.ly/childrens\\_covid-rsv-flu](https://bit.ly/childrens_covid-rsv-flu)
2. COVID-19, Flu & RSV: How Are These Respiratory Illnesses Different? (American Academy of Pediatrics): [bit.ly/aap\\_covid-flu-rsv](https://bit.ly/aap_covid-flu-rsv)
3. Similarities and Differences between Flu and COVID-19 (Centers for Disease Control and Prevention): [bit.ly/cdc\\_flu-covid](https://bit.ly/cdc_flu-covid)