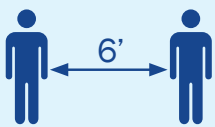


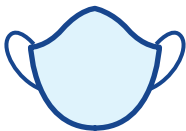
Protect Your Health and Those Around You

Guidance for the Public

Five Core Actions



Practice Physical Distancing – Stay 6 feet away from others who are not part of your household whenever possible – “Farther is Safer.”



Wear cloth face coverings – Wear a mask in public when six feet of physical distancing can't be maintained.



Wash your hands or use hand sanitizer regularly – Wash for 20 seconds with soap and water or use a hand sanitizer with at least 60% alcohol.



Clean frequently-touched surfaces – Use hand sanitizing wipes to wipe door handles, shopping carts, etc.



Stay home when sick – If you do not feel well or have been told to isolate or quarantine, please stay home.

PLUS

- **Follow posted safety guidelines.**
- **Don't touch your face** (Another great reason to wear a mask).

10/30/2020



KNOX COUNTY
TENNESSEE

HEALTH DEPARTMENT