



This Winter and Holiday Season ...

STAY SAFE

- Keep gatherings small
- Evaluate your risk
- Utilize the outdoors as much as possible
- When gathering indoors, open windows to increase ventilation
- Choose activities that allow for social distancing
- Wear masks when less than 6 feet apart
- Wash hands and sanitize surfaces regularly
- Follow food safety guidelines



STAY CONNECTED

- Find creative ways to interact with others safely
- Schedule regular interactions
- Utilize virtual
- Stay active and utilize the outdoors
- Find ways to volunteer and give back
- Seek help if needed



STAY INFORMED

- Gather information from credible sources, including KCHD, the Tennessee Department of Health, CDC and World Health Organization
- For more information about how to stay safe and connected this holiday season, visit: <https://covid.knoxcountyttn.gov/holiday-guidance.html>



KNOX COUNTY
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HEALTH DEPARTMENT