

Press Release

Hamilton County Health Department



Web: health.hamiltontn.org

****FOR IMMEDIATE RELEASE****

December 1, 2020

Health Department Offers Post-Thanksgiving Guidance, New Testing Hours at Alstom

HAMILTON COUNTY, TN – The Hamilton County Health Department provides guidance for those who gathered with non-household members over the Thanksgiving holiday. It is safer to assume you were exposed and to act accordingly than not. Consider these protective measures:

- Over the next 14 days, reduce the number of people with whom you have contact, or ideally, quarantine yourself for 14 days after your last exposure to the non-household members.
- Avoid any contact with people who would be at a high risk to have severe outcomes from COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.
- Always wear a mask and observe social distancing.
- Monitor yourself for COVID-19 symptoms during the 14 days and get tested as soon as symptoms occur: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- If no symptoms are experienced, it is recommended you wait at least 5 days from your last exposure to get tested.
- Remember, a negative test at 5 days does not mean your risk of developing COVID-19 is over. That risk will last the full 14 days after exposure.

New COVID-19 Testing Hours at Alstom

- 10:00AM-2:30PM beginning Wednesday, December 2.
- This change is to accommodate staff and patients during the colder temperatures.
- Everyone in the car should be wearing a mask.
- Free transportation to the testing site is available by calling (423) 209-8383.

Free Flu Vaccine

Two upcoming opportunities for free flu vaccine are as follows:

- Saturday, December 5, 10:00AM-2:00PM, Westside Baptist, 4001 Hughes Ave, 37410.
- Monday, December 7, 3:00PM-5:30pm, Casa de Oracion Santa Cruz Catholic Church, 2311 E. 23rd Street, 37407.

Tom Bodkin, Public Information Officer
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Cell: 423.315.3987
Desk: 423.209.8238

Information Hotline

If you have questions about COVID-19 or the flu vaccine, call the Health Department's informational hotline at (423) 209-8383.

Additional information may be accessed through these Health Department resources:

- Website: <http://health.hamiltontn.org/>
- English Facebook page: <https://www.facebook.com/HamiltonTNHealthDept/>
- Spanish Facebook page: <https://www.facebook.com/SaludHamiltonTN/>
- YouTube English: <https://www.youtube.com/channel/UCCKf8VUBQFLiJoxh8Sk10mA>
- YouTube Spanish: <https://www.youtube.com/channel/UCwHuLpBFuLOf6hDTCFbfyQ>
- Twitter: <https://twitter.com/HamiltonHealth>
- Subscribe to the Mailing List: <https://landing.mailerlite.com/webforms/landing/j6u3e5>

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