



**\*\*FOR IMMEDIATE RELEASE\*\***  
March 18, 2020

## **Health Department Notified of Two Additional COVID-19 Cases: Stresses the Importance of Social Distancing**

HAMILTON COUNTY, TN – The Hamilton County Health Department has been notified of two additional COVID-19 cases, bringing the total confirmed cases for the county to three. The second case was a contact to our first case and has fully recovered from their illness, but remains isolated at home. The third case has a history of international travel and is isolated at home. The Health Department is working diligently to identify all persons who may have been in contact with these cases.

This highlights the importance of social distancing, which means to limit contact within six feet of other persons and avoid group activities of more than ten people. The Health Department requests all persons, organizations, and businesses heed the President's "[15 DAYS TO SLOW THE SPREAD](#)" Coronavirus Guidelines for America.

### **The plan outlines the following actions everyone should take:**

- Listen to and follow the directions of your state and local authorities.
- If you feel sick, stay home. Do not go to work. Contact your medical provider.
- If your children are sick, keep them home. Contact your medical provider.
- If someone in your household has tested positive for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.
- If you are an older person, stay home and away from other people.
- If you are a person with serious a underlying health condition that can put you at an increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

### **Do your part to slow the spread of the coronavirus**

- Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.
- Work or engage in schooling from home whenever possible.
- If you work in a critical infrastructure industry, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.
- Avoid social gatherings in groups of more than 10 people.
- Avoid eating or drinking at bars, restaurants, and food courts -- use drive-thru, pickup, or delivery options.
- Avoid discretionary travel, shopping trips, and social visits.
- Do not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance. Older people are particularly at risk from the coronavirus. Social visits to nursing homes and retirement and long-term care facilities should be halted during the next 15 days.

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- Practice good hygiene:
  - Wash your hands, especially after touching any frequently used item or surface.
  - Avoid touching your face.
  - Sneeze or cough into a tissue, or the inside of your elbow.
  - Disinfect frequently used items and surfaces as much as possible.

The Health Department discourages participating in any activity or commercial service where you cannot maintain a six foot distance from others, such as hair salons, barber shops, nail salons, massage studios, and any other personal services.

For nonessential medical and dental procedures, call your provider to ask if the appointment is necessary during this 15-day window.

For more information, visit the Health Department's [website](#) or call our COVID-19 Hotline at 423-209-8383.

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