



**\*\*FOR IMMEDIATE RELEASE\*\***

December 21st, 2022

## Health Department Offers Health & Safety Guidance Ahead of the Holidays

HAMILTON COUNTY, TN – The Hamilton County Health Department would like to offer health and safety guidance as the holidays and New Year fast approach.

Practice these health and safety precautions to help you and your loved ones have a happy holidays:

- Practice good [hygiene skills](#) this holiday season.
  - Simple hygiene practices such as handwashing, covering your cough/sneeze with a tissue or your elbow, and staying at home if you are sick can prevent the spread of illness.
- Practice [safe driving](#) throughout these upcoming months and always have a plan.
  - Never drink and drive.
  - Always have a sober ride home.
  - Avoid driving on icy roads.
  - Leave more distance between you and the car in front of you during winter weather conditions.
- Always be aware of your surroundings while shopping or celebrating this Holiday Season.
  - Never walk alone, always walk in a group of two or more people.
  - Have your keys in your hand when walking to your car.
  - If you see something that is suspicious - say something.
  - If you or a loved one are a domestic violence victim and are in need of help please click the link [here](#) for more information.

“With the holidays fast approaching & gatherings being planned, it’s now more important than ever before to get your flu vaccine or take a COVID/Flu test if you are showing symptoms. Please do not attend a gathering if you are sick or have a flu-like illness. The Health Department is proud to continue its efforts in breaking down the barriers between Hamilton County Residents and life-saving vaccinations & guidance by offering both the Flu and COVID-19 vaccine free of charge to all individuals. Remember, the best way to spread Holiday cheer is by taking health & safety precautions seriously this year,” says Dr. Stephen Miller, Hamilton County Health Department’s Health Officer.

To stay up to date on all the Health Department’s events click [here](#). If you have questions about vaccines, safe driving tips, or violence prevention information please contact the Health Department Hotline at 423-209-8383 or visit our website at [Health.HamiltonTN.gov](http://Health.HamiltonTN.gov).

### Additional resources

- The Health Department continues to offer free, take-home COVID test kits at all of our facilities.
- If a minor is being vaccinated, a parent or legal guardian must be present at the appointment and bring a current, valid photo ID. If you are a legal guardian, please bring proof of guardianship with you.
- Masks are encouraged while inside all Hamilton County Health Department facilities.
- To see a full list of where the Health Department is administering Flu Shots, COVID-19 primary series, and booster shots, please visit our online events calendar at [health.hamiltontn.gov](http://health.hamiltontn.gov).
- To read this information in Spanish, visit the Health Department’s Spanish Facebook page at <https://www.facebook.com/SaludHamiltonTN>