



## Knox County Health Department

140 Dameron Avenue, Knoxville, TN 37917

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### **Celebrate the Holidays Safely**

*KCHD encourages following simple tips to keep healthy this holiday season*

*Knoxville, Tenn.*— The Knox County Health Department (KCHD) encourages everyone to celebrate the holidays safely by getting their COVID-19 and flu vaccinations this month. COVID is still present in the community, but by following basic infection control guidelines, people can still celebrate with their loved ones.

KCHD offers first, second and booster COVID-19 vaccines at the Main (140 Dameron Ave), West (1028 Old Cedar Bluff) and Teague (405 Dante Road) clinic locations. The Moderna vaccine and the single-dose Johnson & Johnson are available for anyone 18 and older. The Pfizer COVID-19 vaccine is available for anyone 5 and older, with a parent or guardian accompanying anyone under 18.

To make an appointment call 865-215-5555. If you are coming for your second or booster dose, please bring your vaccine card to confirm the date you received your previous dose(s).

In addition to receiving the vaccine, make sure you are staying home if you are feeling sick, getting tested if you've been exposed or have any symptoms of COVID-19 and regularly washing your hands.

Even though it's sad to miss out on celebrations if you are feeling sick, not spreading germs to your loved ones is the best gift you can give this holiday season. KCHD encourages the community to find creative ways to stay connected this season. Send a homemade treat or an ornament to family if you cannot travel to visit, drop off a plate of food to your friend or neighbor who cannot gather or even utilize online platforms to video chat your friends and family to keep everyone included who cannot be there in person.

### **About Knox County Health Department**

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. As a chief health strategist for the community and with more than 240 team members, KCHD's broad scope of work includes convening partners to improve community health, identifying community health threats, investigating disease outbreaks, conducting extensive outreach and education, preparing for public health emergencies, providing and connecting the public with medical care, enforcing food safety and air quality laws, and more. For more information, visit [www.knoxcounty.org/health](http://www.knoxcounty.org/health).

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