

4 WAYS YOU CAN HELP



Get your COVID-19 vaccine

COVID-19 vaccines are safe and effective. In Tennessee, all Tennesseans age 16 and older are eligible for COVID-19 vaccination. Schedule yours today at vaccinate.tn.gov or vaccinefinder.org.

Wear a face covering or mask

Masks are an additional step to help prevent people from getting and spreading COVID-19. They provide a barrier that keeps respiratory droplets from spreading. Wear a mask and take every day preventive actions in public settings.



Wash your hands

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.



Get a COVID-19 test

CDC recommends anyone with any signs or symptoms of COVID-19 get tested, regardless of vaccination status or prior infection. If you get tested because you have symptoms or were potentially exposed to the virus, you should stay away from others pending test results and follow the advice of your health care provider or a public health professional.



For more information and to schedule a vaccine appointment:

COVID19.TN.GOV | (866) 442-5301