WHAT IS COVID-19?

COVID-19 is a respiratory disease caused by a new coronavirus that started spreading in the Hubei Province of China in late 2019. The Metro Public Health Department is working closely with the Centers for Disease Control and Prevention and Tennessee Department of Health to inform the public of the best ways to fight and prevent the illness.

WHAT ARE THESE GUIDELINES FOR?

These guidelines are designed to help reduce the risk of exposure to the virus that causes COVID-19 among the community of Davidson County. These guidelines provide recommendations for social distancing.

WHAT IS SOCIAL DISTANCING?

Social distancing means remaining out of group settings, avoiding mass gatherings, and maintaining distance from others when possible.

- Maintain a distance of approximately 6 feet from others when possible.

WHY PRACTICE SOCIAL DISTANCING?

You may have heard about the need to “flatten the curve”

- Stopping the novel coronavirus from spreading quickly will help ensure that health care systems can handle the strain of the outbreak.
- If everyone gets sick at once, health care systems will become overburdened.
- By slowing the spread of the disease, health care providers can provide the best care possible to save lives.

By limiting exposure to the virus that causes COVID-19, we can slow its spread.

Additional information on COVID-19 can be found at Coronavirus.Nashville.gov.

HOW CAN YOU PRACTICE SOCIAL DISTANCING?

- Stay home if you are sick
- Remain a distance of 6 feet from others when possible
- Avoid or postpone mass gatherings