

Sparta is actively monitoring the COVID19 situation

The City of Sparta is actively monitoring the Corona Virus issue. As a reminder, the City of Sparta has a drive-through window for water and electric payments, along with a night drop box and options of online and toll-free phone payments. Other services are available online as well, including various applications and permits.

Sparta has not canceled its regular meetings of the Mayor & Board of Aldermen at this time, but we will observe the CDC guidance on restricting meetings to less than fifty (50) people. We want to remind citizens to follow these basic rules regarding precautions to observe during this issue:

- Clean your hands often
 - Wash your hands often with soap and water for at least twenty (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.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.

- Avoid close contact
 - Avoid close contact with people who are sick.
 - Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

- Take steps to protect others

- Stay home if you are sick
 - Stay home if you are sick, except to get medical care. Learn what to do if you are sick at <https://www.cdc.gov/coronavirus/about/steps-when-sick.html>

- Cover coughs and sneezes
 - Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
 - Throw used tissues in the trash.
 - Immediately wash your hands with soap and water for at least twenty (20) seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

- Wear a facemask if you are sick
 - If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or a vehicle) and before you enter a health provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.

- If you are not sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.
- Clean and disinfect
 - Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
 - If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- Please note that COVID-19 is mostly a threat to people sixty-five (65) and older and those with compromised immune systems and respiratory issues.
- Finally, if you need to go to your doctor's office or a medical facility, please call in advance for hours of operation and protocol.
- The following links will provide you more information. The Tennessee Department of Health website is updated daily at 2:00 p.m.

<https://www.tn.gov/health/cedep/ncov.html>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.cdc.gov/.../organization.../cleaning-disinfection.html>