PROTECTING YOU AND YOUR FAMILY

What should I do if I feel sick?
- Call your doctor and get directions on what to do next or call Teladoc or something similar if it’s available.
- If your doctor’s office is closed, call a local local urgent care center or your hospital’s ED.
- If you don't need to see a doctor, keep your distance from others.
- Wear a mask and cover your nose and mouth when coughing or sneezing.

What should healthy people do?
- Avoid contact with those who are sick.
- Wash your hands, don’t touch high-touch services and avoid touching your face (eyes, nose, etc.).
- Have supplies on hand (medications and other household items you might need if you have to stay home for a while).

More information

Travel questions? Click here for CDC info.

What about protecting your home and workplace? Click for tips

OTHER INFO.

New Alabama 800 Number - If you feel sick and think you might need a test for COVID-19, call this number to find out where to go for testing.

1-888-264-2256

Visiting a hospital - Call first to check its visitation policy. And, if you're sick, please don't visit!

Call first for anything - Please don't just show up at your doctor's office or hospital without calling first (unless it's an emergency).

COVID-19 UPDATE

ADPH CONFIRMED VIRUS CASES IN ALABAMA
This link takes you to a list of Alabama counties and confirmed cases.