

# 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 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?

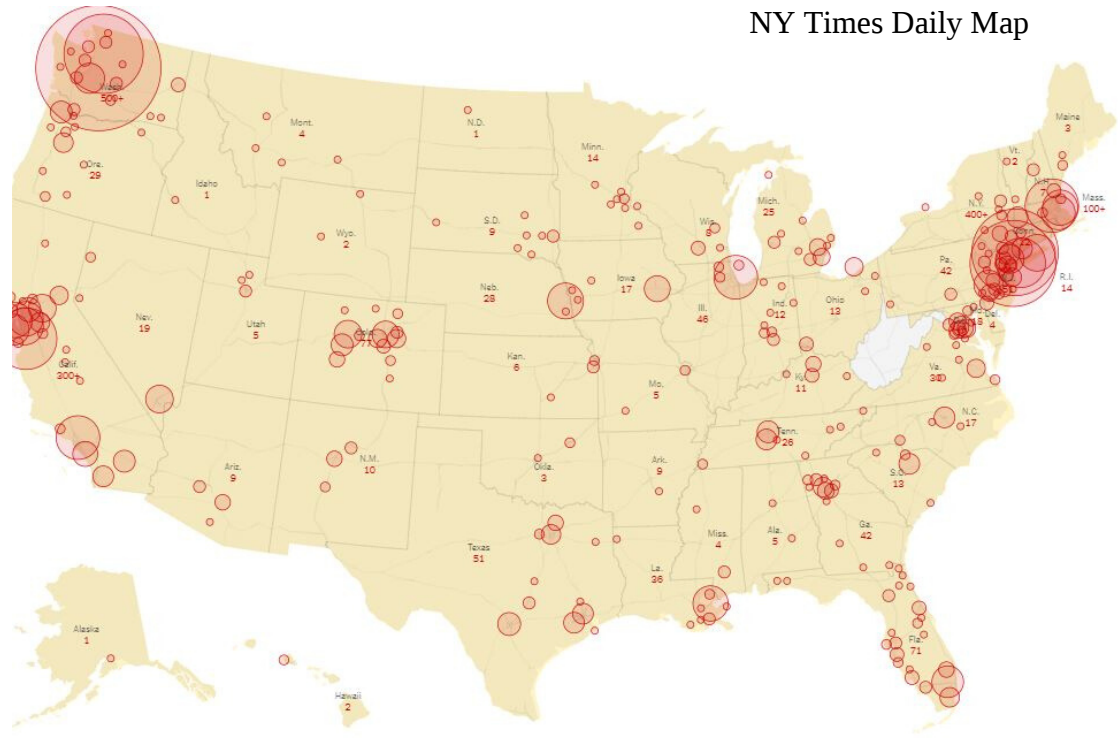
- Avoid contact with those who are sick.
- Wash your hands, don't touch high-touch services and avoid touching your face (eyes, nose, etc.).
- Have supplies on hand (medications and other household items you might need if you have to stay home for a while).

[More information](#)

**Travel questions?** [Click here](#) for CDC info.

**What about protecting your home and workplace?** [Click](#) for tips

NY Times Daily Map



## 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

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### ADPH CONFIRMED VIRUS **CASES** IN ALABAMA

This link takes you to a list of Alabama counties and confirmed cases.



Alabama Hospital Association