

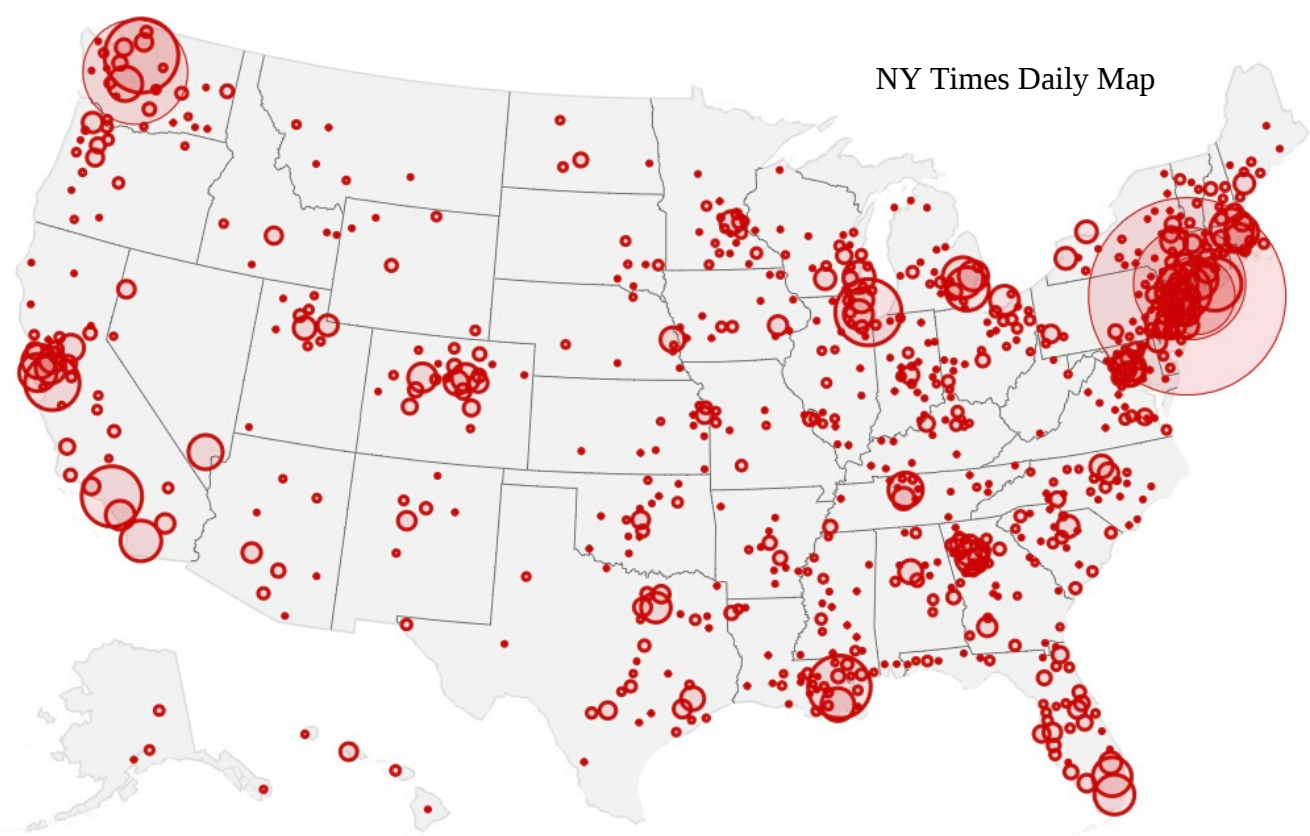
PROTECTING YOU AND YOUR FAMILY

What should I do if I feel sick?

- Call your doctor and get directions on what to do next. Did you know that if you're a Blue Cross patient, you can now talk with your doctor by phone to find out if you need to be tested? The same is true with Medicare and may be for other insurers. Also, if it's after hours, some BCBS policies offer Teladoc, a service that allows you to talk with a doctor either by phone or online, 24/7. For more information, visit teladoc.com/Alabama.
- If your doctor's office is closed, and you don't have access to Teladoc or a similar service, use the ADPH toll free number to see if there's a screening site near you. If not, call a local local urgent care center or your hospital's ED.
- Be sure to keep your distance from others.
- Wear a mask and cover your nose and mouth when coughing or sneezing.

Tips for disinfecting your home

[Click for](#) CDC suggestions.



OTHER INFO.

Alabama Now under restrictions:

'Yesterday, Alabama's State Health Officer issued several orders to protect the public, including school closings, cancellation of elective medical and dental procedures (with some exceptions) and restrictions on visiting hospitals and nursing homes. [Read more](#) about the order.

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

1-888-264-2256

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