

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.

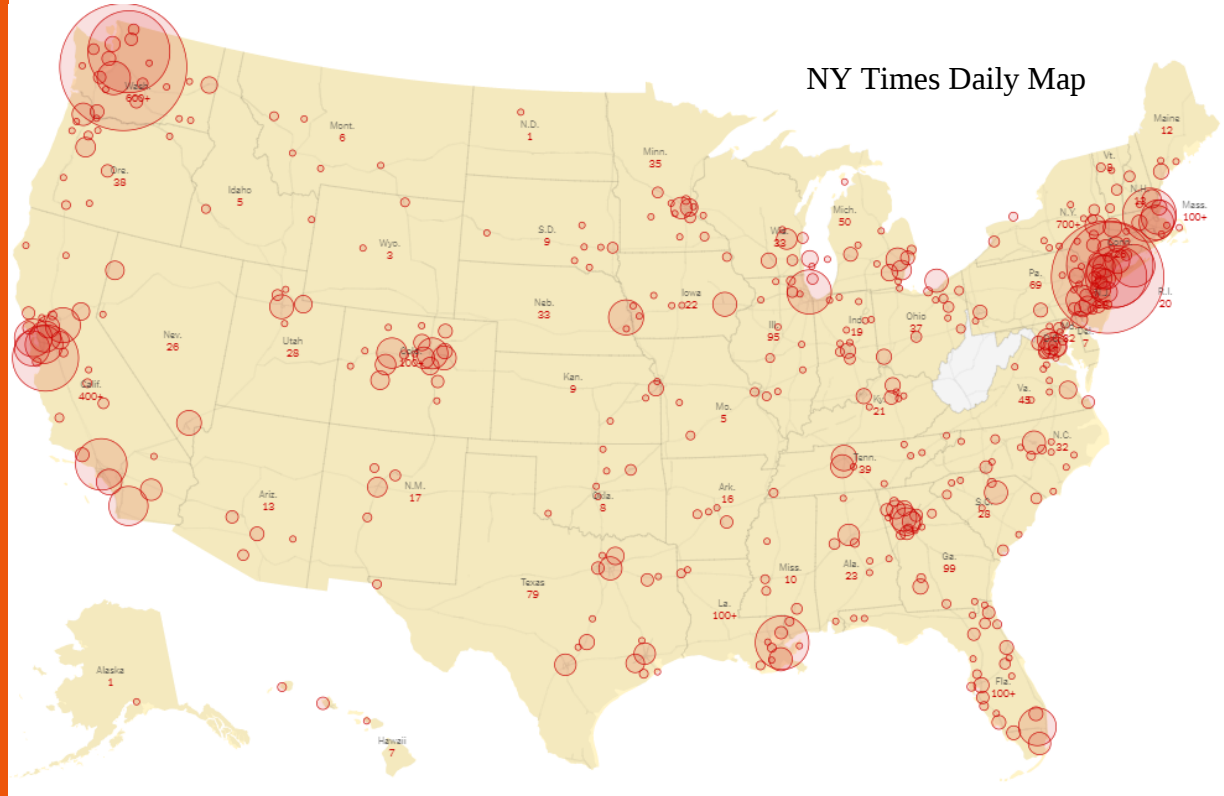
What should healthy people do?

- Avoid contact with those who are sick.
- Wash your hands, don't touch high-touch surfaces 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).

Avoid large gatherings - This weekend, the CDC [recommended](#) that events with 50+ people or more be cancelled for the next 8 weeks.

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

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



OTHER INFO.

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

1-888-264-2256

Initial Jefferson Co. Assurance Lab sites closed today, but will reopen Tues. at 10, [new location](#). Sites in other areas being added as they become available.

Call first for anything - Please don't just show up at your doctor's office or hospital without calling them 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.



Alabama Hospital Association