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 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).

NY Times Daily Map

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