

# PROTECTING YOU AND YOUR FAMILY

## Who is most at risk?

According to the CDC, those most at risk for the virus are the elderly and those with serious chronic health conditions. [Click](#) to learn more about the risk factors.

## What should healthy people do?

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

[More information](#)

## What if I feel sick?

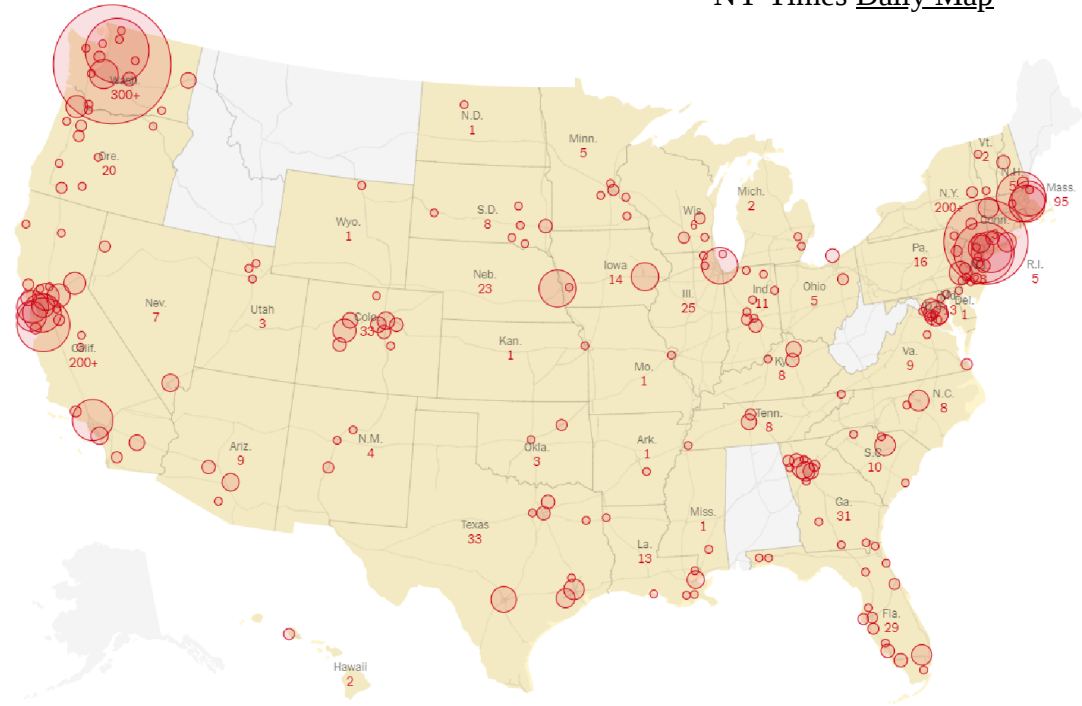
- Call your doctor and get directions on what to do next.
- If your doctor's office is closed, call an urgent care center or your local hospital.
- If you don't need to see a doctor, keep your distance from others.
- Wear a mask and cover your nose and mouth when coughing or sneezing.

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

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

Reported cases

NY Times [Daily Map](#)



## OTHER INFO.

Medicare Part B has announced it will cover the COVID-19 test if it was taken after Feb. 4.

BCBS will cover testing for the Coronavirus with no cost-sharing for the member.

Other insurance companies may have new policies as well, so check with your carrier.

# COVID-19 UPDATE

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**MARCH 12, 2020**  
**ADPH CONFIRMED**  
**CASES IN ALABAMA: 0**



Alabama Hospital Association