

Feeling stressed or anxious about the COVID-19 pandemic?



Use these tips to reduce your stress and anxiety:



Limit or avoid news coverage if it causes you more stress and anxiety.



Focus on positive things in your life that you can control.



Keep stress under control by exercising, eating healthy, reading, or by trying relaxation techniques such as yoga.



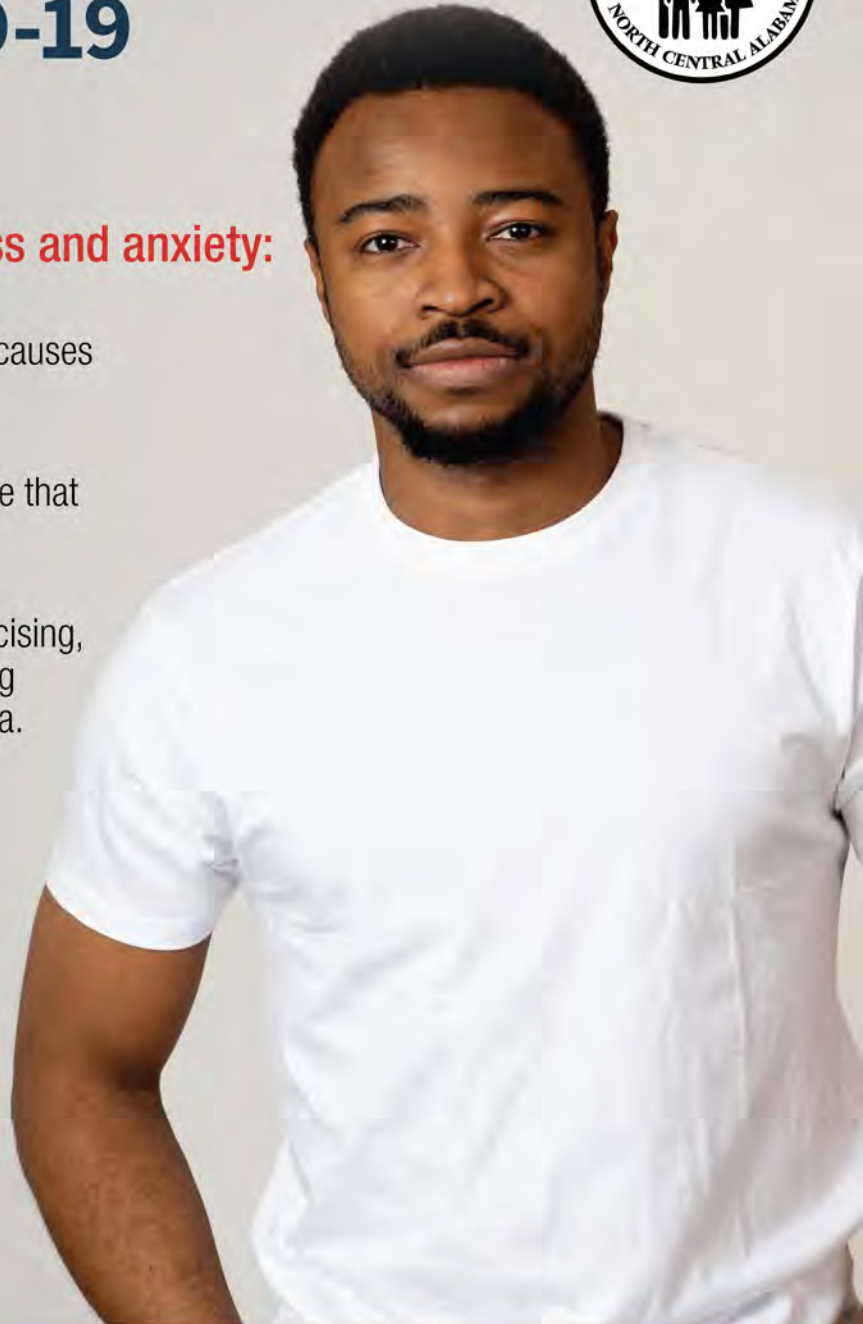
Talk about your experiences and feelings to loved ones and friends, if you find it helpful.



Connect with others who may be experiencing stress about the pandemic.



Take time to renew your spirit through meditation, prayer, or helping others in need.



Alabama Apart Together provides information and education to help people understand that they have the ability to cope and adapt in a crisis. *Although we have to be apart, together we will get through this.*

Alabama Apart Together 1-888-442-1793



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Any individual, including but not limited to, children, older adults, individuals with disabilities, healthcare professionals, first responders, and administrators working on the frontlines who are experiencing stress or anxiety related to COVID-19, may call the Information Line at 1-888-442-1793. The Information Line will connect individuals with appropriate staff and programs in north central Alabama to provide vital resources and services.

Get Help in a Crisis!

- *2-1-1 Connects Alabama* resource look-up. Dial 211 or text/ call (888) 421-1266.
Call 711 if you are hearing-impaired and ask to be connected to 2-1-1 Connects Alabama.
- *Crisis Services of North Alabama* (256) 716-1000 or (800) 691-8426 (domestic violence/ suicide prevention).




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COVID TESTING SITES

LAWRENCE COUNTY

- **Lawrence County Health Department – Drive through testing** 
13299 Alabama Highway 157, Moulton | (256) 974-1149
Tuesday and Thursday | 1:00pm – 3:30pm | **Call for appointment** | Need proof of ID



LIMESTONE COUNTY

- **Athens Limestone Hospital**
West Market Professional Plaza, 1005 W. Market St., Suite 7, Athens | (256) 216-9744
Monday – Friday | 8:00am - 3:30pm | **No appointment required** | Need proof of ID
- **American Family Care Decatur - Rapid COVID-19 tests**
1285 US Hwy 72 E, Athens | (256) 278-3000
Open 7 days a week | 8:00am - 6:00pm | **No appointment required** | Referral not required | Walk-ins accepted
- **Aderholt Medical, LLC - Drive through Rapid COVID-19 tests** 
320 US-31, Athens | (256) 230-5280
Monday – Friday | 9:00am - 5:00pm | **No appointment required** | Testing for all patients

MORGAN COUNTY

- **Parkway Medical Center – Drive through testing** 
1874 Beltline Rd., SW, Decatur | (256) 973-6000
Monday – Friday | 9:00am – 12:00pm, 1:00pm – 2:45 | **no appointment required**
- **Huntsville Hospital Urgent Care - Rapid COVID-19 tests**
1115 Beltline Rd SE Suite 400, Decatur | (256) 898-3004
Open 7 days a week | **Appointment not required but recommended**
Make appointment at: www.hhurgentcare.org
Referral not required | Testing for all patients
- **American Family Care Decatur - Rapid COVID-19 tests**
2604 US-31, Decatur, Decatur | (256) 445-3100
Open 7 days a week | 8:00am - 6:00pm | **No appointment required** | Referral not required | Walk-ins accepted
- **Walmart Drive Through Testing - Drive through Rapid COVID-19 tests** 
1203 6th Ave SE, Decatur | (256) 822-6366
Appointment required - Visit www.MyQuestCOVIDTest.com to schedule an appointment
Referral not required | Testing for all patients
**There is no out-of-pocket cost to the individual for the HHS Community Testing Sites.*
- **Morgan County Health Department** - 3821 US-31, Decatur | (256) 353-7021
- **Stopwatch Urgent Care** - 401 US-31 NW, Hartselle | (256) 286-0827

Bring proof of ID, verify testing site hours of operation, inquire about out of pocket expenses and insurance coverage accepted.