You have traveled to a country with an outbreak of COVID-19 and are at higher risk.

COVID-19 is a respiratory illness that can spread from person to person.

Stay Home
Stay home for the next 14 days and monitor your health.
Take your temperature with a thermometer two times a day and watch for symptoms.

If you feel sick and have symptoms:
• Call ahead before you go to a doctor’s office or emergency room.
• Tell the doctor about your recent travel and your symptoms.
• Avoid contact with others.
• Do not travel while sick.

Symptoms
Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Symptoms can include:
- Fever (100.4°F/38°C or higher)
- Cough
- Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: www.cdc.gov/COVIDtravel